

Home Remedies to the Rescue



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Why Home Remedies are Popular?

Home remedies have proven time and time again that they are incredibly popular. The major benefits that home remedies tends to offer to people means that it is possible to learn some great ways to save money, improve your health and also live a bit of a greener life. In order to really get all of the benefits possible from home remedies it is important to understand some of the most popular reasons for choosing a home remedy.

What you might not realize is that doctors can be extremely expensive. Starting when you are an adult you are going to be responsible for all of the doctor's visits that you need to make. If you are like most adults you are going to attempt to limit these visits as much as possible. In order to do this, it is necessary to skip some visits and even potentially limit the number of times that you are actually getting sick. Small changes such as this can make it possible to stretch your budget and substantially avoid having to mortgage your home again just to cover medical bills.

The world of home remedies also has the benefit of providing many natural cures also. If you go to a doctor, you are likely to leave with a prescription for a drug that has been tested on a plethora of different people and species. Not exactly the most comforting though when you consider some of the side effects that are also accompanied by that prescription. Home remedies on the other hand tend to be free of most side effects, when is the last time you actually heard of a side effect from a home remedy being worse than the initial problem? Most people never encounter this situation, which cannot be said for many of the medications that are distributed by doctors.

Other concerns are frequently the prices of medication. With medication costing as much as thousands of dollars a month it can be virtually impossible for many people to afford the medication that they need. If you are in this position, you are certainly not alone. Working with a home remedy may not resolve all of your ailments; however, it can be extremely effective in helping you to reduce the amount of medications that you do need to obtain from the pharmacy. It is very important to ensure you are still getting the medications that are essential to your livelihood though. Never take a gamble with your actual health.

Many people believe that home remedies are also grossly popular due to the family tradition that is often associated with them. For example, someone is much more likely to try a home remedy if it is something that has been recommended by a family member who has done it for years. This type of comfort can often be compared to traditional holiday habits or the loving gestures that parents made when we were smaller. This is also the time when many people pass along their own ideas to their children as they apply home remedies to their children after their injuries and illnesses.

Working to pinpoint a specific reason why home remedies are popular is virtually impossible. There is no single attribute that can be blamed or praised. With all home remedies, there are some reasons why they are incredibly popular and of course, there are also plenty of other reasons why they are incredibly unpopular. Not all home remedies will manage to draw massive amounts of attention. The vast majority of consumers will typically adopt several remedies that they tend to encourage and will frequently shun others that do not fit into their exact lifestyle. Regardless of whether you have a large arsenal of remedies yourself, the reality that they are growing is a very popular concept. Working to improve the health of everyone in your family is certainly incredibly popular and should never be overlooked.

Best Home Remedies

With so many people looking to save money it is no wonder that home remedies are starting to see a rather significant increase in usage. What used to be simply a way to avoid going to the doctor has now turned into ways to save money, avoid doctors, use natural remedies and also treat problems at home without the need for specialized care. The exact type of home remedy that is best for your needs will likely vary depending on exactly what your problem is and how you are trying to handle it. The good thing is that there are several things you can do to ensure that you are spending your time on the right efforts, rather than wasting your time repeatedly.

For most people it is rather difficult to create their own home remedy. This is because the idea is that home remedies have to be extremely complex. Most people do not really realize just how simple it can really be to create a home remedy. If you are offered the chance to create a home remedy you can discover that it really is easy to do. Many people are thrilled to learn that home remedies are also extremely effective and by working towards a common goal they can save money and feel better.

The best home remedies are of course effective; however, this should be relative to your own experience. Some people have great luck with chicken noodle soup for a cold; others however are repulsed at the very smell of the soup. This will have a significant impact on just how effective the remedy is for you. Trying to make a remedy fit your situation that is grossly inappropriate will never provide you the best benefits. But this does not mean that you should not devote the time to trying to find the most effective remedies though.

Other considerations should be what you are actually allergic to. For example, if you have a serious allergy to chlorine you should avoid any home remedies that involve the use of chlorine. Struggling to just deal with your allergy for the benefit of a home remedy is never advised. Rather than trying to struggle along you should work steadily to reduce the allergy and instead look for a different remedy that will not expose you to something that you are allergic to. This is a serious issue for some people, particularly if you have severe or near fatal reactions to some allergens. Never take a gamble with your health while messing with your allergies.

It is also extremely important to realize that typically, home remedies can do many things; saving your life, if you have a terminal illness is not a strength of the home remedy though. There will be a time in your life where it is much better to see a doctor. Knowing how to recognize these differences is extremely important and is something that you will not only need to know, but also must accept in order to have the best results. Trying to use a home remedy for acne prevention will do little to prevent or cure cancer if that is your actual problem. If you are not having any progress with the home remedy then it is very important to start seeking help to ensure that you are getting the treatment you need.

Home remedies can be wonderful as long as they are used appropriately. If you have a desire to really venture into the world of home remedies it can be a lot of fun, but at the same time it is extremely important that you be fully aware of all of the potential risks. If you devote ample time to research you should find that your home remedy ventures can actually be a lot of fun, just be very careful to ensure you are getting the biggest benefits possible first. Never cut corners while you are using a home remedy either, this could cause a bad potential reaction that you might not be expecting.

Cheapest Home Remedies

With any home remedy, it is extremely important that you understand thoroughly what is involved before you actually get started. Many remedies that might seem to be cheap are actually really expensive, and others that can seem extremely pricy are actually really cheap. In order to actually determine if a home remedy is within your budget you need to first start studying the actual supplies that are called for, but have no fear. Most home remedies are extremely reasonably priced and you can typically find the supplies already around your home.

For the majority of home remedies there will be a few items needed. A basic toolkit will be highly effective in ensuring that you are well prepared for any home remedy that you need to attempt. Some of the most common household supplies work well in most home remedies and can be easily purchased for a very reasonable fee. Never buy anything that you are unfamiliar with and just start mixing, this is particularly true in the event of some household chemicals since you may accidentally create a massive dangerous science experiment in your own house.

One of the most common problems that occurs is the presence of a burn of some sort. Most people when they have a burn will reach for a bottle of expensive gel; this is intended to help relieve the pain of the burn and sooth the skin. However, there is a much cheaper alternative. Your first choice is to start looking to items such as aloe vera plants or even within the kitchen such foods like mustard and even milk are wonderful to help. Most people will tend to avoid mustard though due to the color changing that can occur from prolonged usage, however it works wonderfully in a pinch.

Other common remedies include using baby powder to help absorb any excessive sweat as well as soothe chafing skin. This is something that is extremely common especially amongst younger children and is frequently continued on until the child grows up. Most adults do tend to forget about this particular home remedy until they are reminded. Ensuring that an ample supply of baby powder is in the house is typically quite effective in ensuring that there are no problems or complications with a rash or chafing that is unexpected.

Acne is a problem that many adults battle for years. To combat it cheaply, using simple toothpaste at nights is extremely effective. The active ingredients in the toothpaste will work to dry out the acne sore and help to clear it up in just a couple of days. In contrast, most acne treatments are extremely expensive and can require a large amount of money as well as time invested into the treatment plan in order to even begin to see improvements. This is not a process that is always effective for all skin types, but it is still possible to produce at least minor improvements.

The absolute cheapest home remedy that you will find is for headaches. This involves nothing more than your own hands. Millions of people swear by using acupressure to help relieve the excessive pain of headaches. In order to obtain the full benefit it is important to take the time to carefully learn where the pressure points in the hand are. As long as you are clear on the location of the pressure points in the hand you should have great success using this method. It is also important to realize that knowing the correct amount of pressure to use is also vital to knowing the actual placement. With these two key pieces of knowledge, relief from your next headache could be only moments away. There is no reason to suffer any longer from excessive headaches; a free solution is readily available.

As you can see, there are several things that you would typically keep around the house. Some are

common remedies and others are much less popular. All of them are extremely affordable and work well to ensure that you are getting the best benefits possible for yourself and your wallet.

Are Home Remedies Better than a Doctor?

For the simplest issues that can be wrong there are times when a home remedy can be the perfect solution. Trying to decide if a home remedy is the best solution for your needs is something that should be determined based on your own particular situation, rather than trying to compare your situation to that of someone else. It is also extremely important to realize that there are times when a doctor is much better equipped to handle your problem, or another professional. Trying a home remedy is all about saving money, using natural solutions and also ensuring safety.

With this in mind, it can be a lot of fun to venture off to find the perfect home remedy for whatever ails you. Just be very sure that you are looking for a home remedy that is safe. If you are looking towards home remedies that are a bit dangerous, you could find that you are encountering a lot of complications and also putting your health in severe danger. It is extremely important to closely monitor situations to ensure that safety is a key concern but also ensure that you are giving proper attention to the remedy.

Many people swear by home remedies. They very rarely even venture to the doctor and due to this they can avoid most doctors' visits, ensure that they remain healthy and also reduce the amount of medication they are required to take during their life. It is extremely important to understand that while a home remedy can solve many problems, there are some situations, which will require a visit to the doctor. As long as you are able to safely distinguish between the situations that require a doctor's attention and those which can allow you to use a home remedy you can typically use the remedies quite safely.

The simple reality is that as long as you are dealing with an ailment that is rather small or minor a home remedy can be the perfect solution. It is extremely important however to ensure that you see a doctor for any serious problems. A great home remedy can often be better than a doctor simply due to the ability to be carried out in the actual home, rather than being forced to seek treatment in a doctor's office, which can often be cold and unfriendly. Being able to provide simple treatments in the home is a great way to improve your health as well, rather than having to wait until you are completely ill before seeking out treatment, many people start administering home remedies at the very first signs of problems and sickness.

With home remedies offering a much more natural treatment option than most doctors are comfortable following it can also be compared to a much greener lifestyle. Rather than consuming potentially toxic medications, home remedies will almost always allow you to use natural ingredients that are not harmful to the body at all. This makes them extremely safe, and can also allow them to frequently be used even for young children, rather than needing a separate medication to treat children and adults. Of course, home remedies are not for everyone, they will typically require a bit of additional time and patience in order to actually successfully treat the ailments.

As you can imagine, a home remedy can be easily modified to allow a customized solution to your

specific problem. Most doctors are simply unable to devote the time and resources to providing each patient a completely customized solution. Due to this, it can be incredibly difficult to work out all of the details that are needed when seeking treatment from a doctor. Many people find that home remedies are also much easier to fit into their schedules than trying to work out numerous doctors' visits as well. This is just another reason in the growing list why many people feel that home remedies are much better for them than a standard doctor's visit.

Important Tips for Home Remedies

Consumers all around the world often have several different home remedies that they are fond of. In order to actually get the best benefits out of home remedies it is very important to look for the simplest outcome possible. You never should look for a home remedy that will be impossible to use, nor do you want to look for a home remedy that seems to be too good to be true. If you are truly looking for the best home remedies around you are going to have to make an effort to actually find them. You cannot simply walk around and expect them to jump out at you, do your research look around online, in medical books and even ask for some advice from friends and family. These are all great methods to get started with.

For the vast majority of people the biggest problem with home remedies is a lack of confidence in themselves. If you are determined that the home remedy is too complicated for you to successfully handle then you are going to find yourself slamming into a brick wall very quickly. It is extremely important instead to start looking for ways that you can reduce the stresses and strains of your budget and move along to happier times. This is extremely important, take a first aid class or something similar if necessary. Build up your confidence in yourself and your ability to properly apply a home remedy and you are sure to really appreciate the results.

You should also look into keeping a basic first aid kit on hand. This is something that should never be avoided. If you are capable of handling the most serious of emergencies, you are going to be in a much better position to actually handle any problems that will be able to use a home remedy. Stressing out over the smaller points of first aid safety is a sure way to lose your concentration when working with a home remedy. You should always try to keep your options open, and a good first aid kit is extremely helpful.

One major point where most people drop their focus is actually hanging onto the time and patience to do ample research. If you simply skim over the information that is presented for a home remedy you will generally find that the results are not what you are looking for. This could be simply because you do not follow the instructions properly, or it could be due to you are not using the proper remedy. Regardless of the exact reason, it is vital that you devote ample time to really re viewing the instructions for the home remedy.

If you have several different home remedies that you use frequently you should consider writing them down into a note book that you hang onto. This would allow you to quickly and easily track down all of the information that you need when it is time to start administering a home remedy. Keeping only the remedies that work well for you will also serve to severely limit the amount of time you are spending doing research when you need to treat an ailment.

A final suggestion that will serve you well with home remedies is the usage of a small tool kit. This should be filled with different supplies that you typically use for your home remedies. Things such as gauze and other supplies are all extremely cheap and easy to pick up. Having a small tool kit for your home remedies will allow you to always tell at a glance if you need to purchase additional supplies or if you need to add anything new to your home remedy selection. A bit of effort into your home remedies is a great investment. The time you will spend setting yourself up for success will certainly pay off well and you will thoroughly enjoy the entire experience.

Suggestions for Home Remedies to Use on Children

We have all been in a situation as parents at one time or another where we wished things had occurred differently. It never fails, just as everything is going badly, something else comes along and makes things substantially worse. This is why many parents find that home remedies for children are not as effective as they would like. In order to improve the effectiveness of home remedies though there are a few things that you can do. The simplest and easiest changes that you can make will work with you wonderfully to ensure that you are able to get the biggest benefit possible. Never try to just rush into home remedies for children though, the results could be disastrous.

If you find that you are quite comfortable using home remedies you will quickly discover that you are able to treat ailments before they are serious. However, for the vast majority of parents, especially new parents you are not extremely comfortable with the idea of home remedies. This is perfectly acceptable, you should never push yourself to use a home remedy for your child that you are not comfortable with. Taking some time to slowly increase your comfort level, as well as talking to your pediatrician about any questions that you might have could be a great way to proceed.

For most new parents especially it is extremely scary to use a home remedy. A good place to start though is with home remedies that are extremely simple and only pertain to small ailments. Never attempt a home remedy that you are uncomfortable with, especially if you are a new parent and are concerned about the actual health of your baby. The simplest home remedies to do for very young children tends to be those that revolve around colds, splinters, diaper rash and other similar problems.

Attempting to treat a serious ailment, such as an ear infection can lead to some serious complications and should be avoided unless absolutely necessary. By knowing which ailments are best to treat with home remedies as new parents it will be much easier to find the results that you really want. Never should you attempt any home remedy that you have not researched yourself though. This is extremely important, particularly with babies. You must take the time to actually do some thorough research to ensure that what you are going to give your child is healthy. This can be an enormous safety concern, but should always be followed through upon to ensure you are as safe as possible for your child.

While most parents do start to become much more comfortable using home remedies as their child grows older you should never feel as if you are pressured to do anything. As the parent, you can decide if you want to seek the help of a doctor or seek out the help of a home remedy. The ultimate choice will be entirely up to you, most of the time after you have tried a few simple remedies with your children your comfort level will expand enough to allow you to start moving onto the more advanced

remedies, but this should only be done as you see fit. With a carefully planned out home remedy you will be quite excited over your ability to help your child and avoid as many doctor's offices as possible.

Finding the Right Results for Your Home Remedy

Most people believe that home remedies can be the ultimate answer to everything. Trying to ensure that you really do get the best results possible from your home remedy is not always easy, but there are some things you can do to help improve the chances of success, rather than drown in a lack of success yet again. For anyone trying to search for the proper home remedy one of the biggest factors of success will be whether you are able to catch the ailment quickly, or whether you hold off on treatment until after an extended period of time.

Most people discover rather quickly that a good home remedy tends to be extremely simple. Using a very complex remedy might sound more exciting but it will not typically offer the results that you really want. If you choose to instead stay with remedies that are simple, you will be able to deliver treatment much faster, plus you will also have the benefit of being able to really determine if you are properly following all of the directions. Failing to properly follow directions and use a remedy that is far too complicated will typically find you failing to get the best result possible.

If you plan to use a large array of home remedies, it is very important that you spend some time learning what is most important in home remedy treatment. Knowing all of this information is extremely important because it can help you pinpoint the best time to really start commencing treatment. Not having this information can put you in a severe disadvantage and find you waiting far too long to begin treatment. The biggest impact to success is how quickly treatment begins, plus this will also tend to impact which home remedy treatment you should use since some are more powerful than others.

Knowing that there are a large number of home remedy options to choose from can allow you to explore all of your options thoroughly. It is extremely important to still look over all of the ingredients though and see if you need to purchase any supplies before getting started. For example, if a home remedy calls for vanilla extract, you should never substitute imitation vanilla extract since it will not provide the exact result needed. There are some occasions when a substitution can be made for a required item; however, the home remedy should typically list this specifically so that you do not make an incorrect substitution.

For all of the home remedies that are available it really is possible to get some great results. Knowing that there is plenty of help available to you makes it much easier to get the results that you need. If the first home remedy does not work, there are plenty of options still available to you that you can explore. This will allow you to really keep trying your luck until you find the correct home remedy for your situation. Just never fear, you are quite likely to find exactly what you need, and all without having to actually see a doctor unless absolutely necessary. This can help you to save a lot of money, and also begin treatment much sooner since most doctors take a while to actually get an appointment. To really enjoy the benefits of a home remedy will involve a bit of patience and a lot of experience but really is possible.

Home Remedy Myths Debunked

For people looking for a great way to avoid doctors and ensure that they stay at top health it can seem like a really great idea to start looking for home remedies. It is extremely important though to realize that not only are home remedies sometimes much more effective, there are also times when they are just too good to be true. If you find yourself trying to decide if a remedy is actually possible or not, it is very important to start looking to see how feasible a remedy really is.

For each home remedy that does actually work, there are also several home remedies that are nothing more than myths. The home remedies that seem to use dangerous ingredients should always be carefully analyzed. For example, if you come across a home remedy that tells you to drink battery acid to rid yourself of a stomach ache then you should be extremely suspicious of the source. Most people are able to exercise a good amount of common sense; however, there are times when it can be extremely difficult to tell if a myth is actually real or not.

There are plenty of other mythical home remedies as well, for example, it is often associated that butter makes a fabulous way to reduce the pain of a burn. In reality though, it can actually make it worse. Most people tend to just have a mental perception that the burn is less severe, but for the majority of people there is no improvement or worsening of the condition by using butter.

One of the oldest home remedies tends to be associated with nosebleeds. How many times have you heard someone say to tilt your head back if you have a nosebleed to stop the bleeding? This is often spread around and is incorrect. A common variation of this myth involves leaning forward and placing the head between the knees. Regardless of which variation you have heard the most; these are both extremely common amongst those who are unaware that the blood shifting in a very unnatural direction could actually cause you to suffocate.

For those who are extremely active you have no doubt experienced a shin splint at some point. This is extremely common amongst runners and also athletes who run excessively. If you find yourself in this position, you may have heard that the best action to take is to simply run even more to actually reduce the pain that is caused. This however is grossly inaccurate. If you instead take several days off and provide your muscles with ample time to rest you will typically have much better results.

Everyone at some point in their life has likely been stung by a bee. This is a tragedy that occurs almost every summer for most people. In order to avoid all of the complications that can be associated with dragging the pain out much further you should avoid squeezing the stinger. This is in distinct contrast to what most likely should be done, rather than digging around the bee sting with a pair of tweezers or another sharp instrument you should rather start trying to scrape the stinger out. This would allow you to actually remove the stinger without squeezing the venom out any further.

A final home remedy myth that is often misunderstood is about snakebites. Many people believe that you should remove the venom immediately after a bite even if you need to suck the venom out using your mouth. This is something that is extremely dangerous and can lead to a huge problem. If you are not careful, you could speed the venom spreading around the body. In reality, it is extremely important to never move the snakebite any more than possible. It is also very important to seek medical help as much as possible. Trying to suck the venom out as recommended in most home remedies tends to increase the amount of bacteria in the bite, which will only increase the risk of infection.

Differences Between Wives Tales and Home Remedies

Everyone has always heard of old wives tales, but the idea of trying to tell the difference between a wives tale and an actually effective home remedy is often very difficult to tell. If you are trying to tell the difference between an effective home remedy and a far out there wives tale it can seem extremely complicated, but there are generally some effective ways to tell the difference. The majority of home remedies tend to be extremely effective; however, there is a very small margin of success with old wives tales and this makes them quite useless for someone looking to find true relief from whatever ails them.

Here is a test of time, are you able to determine if coca cola can remove rust? This is an old wives tale that has been passed around for years. The idea is that it will eat away at rust, many people have mistakenly discounted this and a wives tale for years; however it is an extremely affordable and highly effective rust removing home remedy. The reality is that there are some wives tales that really do work, but knowing which seem reasonable is extremely important.

For most people, the idea of putting old wives tales to the test is simply too much trouble. If you consider that one of the popular wives tales involves drinking two glasses of Gatorade to eliminate headaches you can quickly see how the wives tales come to obtain a bad reputation. Working to overcome all of the difficulties that are present is certainly not easy. A small amount of time put into trying to study each wives tale will help you to determine how feasible it really is to actually work.

There are often times home remedies that have been passed along a substantial amount, these often quickly become classified as wives tales, despite the fact that they really do work. In order to determine how much likelihood a wives tale has of actually working you can typically take some time to do a bit of research online. Many times, remedies and wives tales will be extremely easy to research, which can allow you to see if it is likely to be effective, or if many other people have had complications with the remedy lacking the necessary aspects to make it truly effective.

You are sure to hear plenty about home remedies by talking to members of your family and looking around online. You are also quite likely to hear a lot of information about some of the various wives tales that may or may not be very effective. These are all natural to come across and many people do not realize just how easy it is to confuse actual remedies with less than stellar results. Proving not only to yourself but also to others that some of the wives tales really are effective can be a lot of fun though, but should be done only if you are in a position where you will be able to seek out some relief. Never wait until you have spent far too much time looking around. This could create further problems since proper treatment was not sought sooner. A venture into the world of home remedies really is possible, but must be carefully monitored to ensure safety of course.

Native American Herbal Medicine: The Power To Heal

The Native American herbal medicine tradition is often overlooked these days in favor of Chinese or Ayurvedic traditions. This is a great pity when all of the herbs used by the native healers grow wild in the USA. Instead of growing them in our gardens, we pay hundreds of dollars to have the equivalent shipped to us in bottles from China or India. At the same time, we ignore many of the other lessons that Native American healing has for us.

Traditionally it was believed that the power of herbal medicine to heal rests partly in the plants, partly in the healer and partly in the person being healed. Today, conventional western medicine encourages us to believe that all power lies with the doctors and the medication. We do not take any share of the responsibility for our own sickness or healing, and that is a great mistake.

While some plants certainly have medically observable effects, it is also true that our attitude when we use a remedy has a great deal of power. Belief that the treatment will help you is important, and so is having a genuine wish to get well that is not undermined by a desire for the attention that being sick can get us.

The power of herbal treatments used by Native American people was reinforced by the trust that they had in the spiritual, almost magical, power of the healers. The medicine man or shaman was chosen according to his birth position in society and his natural talent. Often there would be a family connection with medicine and tribal religion. It might be considered that blind faith in modern doctors would have the same effect, but it does not because the spiritual aspect is missing.

Medicine was seen as a question of dealing with the spirit as much as the body, and many ceremonies were practiced both by healers and also by the person being treated or his or her family. A major effect of the ceremonies that the healer performed was to increase his awareness and concentration so that even without any of the laboratory tests that are done these days, he could correctly diagnose the problem and see the best remedy - not just for the disease, but for the person. Ceremonies undertaken by the afflicted person would cleanse the body and mind to prepare them to make the best possible use of the remedy when it was taken.

This spiritual aspect of herbal medicine is completely ignored today. We take herbal remedies in much the same way that we take chemical medications, assuming that the substance has all of the power and we have none.

In fact, many doctors as well as alternative medical practitioners today would agree that it is the sick person who does the healing, and not the remedy. The body's ability to heal itself, known as homeostasis, is at the root of all recovery. It works by expelling toxins, fighting back against disease with antibodies. All that medication does is to help the process along and remove obstacles to recovery.

If we can get away from the mainstream western view that the body and mind or spirit are two separate things, the importance of a spiritual aspect to healing becomes very clear. The state of the sick person's mind is as important in the recovery process as the state of his body.

This does not mean that we have to perform tribal dances or complicated rituals. We can replace them with other spiritual practices including meditation and prayer. But studying the spiritual aspect of Native American herbal medicine can help us shift our focus and understand that in a sense, we always

have to heal ourselves.

Getting the Most from Home Remedies

If you have ever tried home remedies yourself you have no doubt noticed that there are times when they are much more effective than others are. Trying to get the best results possible from a home remedy is not impossible, but it will typically take a bit of work. If you are struggling to obtain the desired results you might be unknowingly making a few mistakes that can significantly impact your success rate. In order to improve your success it is extremely important that you take some time to really do your research before getting started.

The first mistake that people tend to make is they fail to read all of the instructions. If you miss a crucial step to the home remedy, you are not likely to get the result that you are after. This could occur for several reasons though; your source might not have the home remedy listed in its entirety. This could be due to an error, or it could be you simply skipped a line while reading the directions. So many things can happen, but missing vital information will reduce effectiveness.

Other common mistakes are substituting ingredients. For example, if you are trying to make a cool milk compress you need to use whole vitamin D milk. If you are attempting to use skim milk for example you will not get the same benefit from the compress. Making small adjustments might seem like only a minor detail but they could severely restrict the benefits. There are some instances though when a small adjustment is perfectly acceptable. In these cases, you will typically be given an option of what you would like to do. Under these circumstances, you can feel free to substitute one ingredient for another. Just be certain that you are still following the directions.

To really get the biggest impact from a home remedy it is also important that you begin treatment quickly. This is one of the biggest factors in how successful a home remedy will be. If you wait a long time before starting treatment you will find that it is not as effective. This can increase your likelihood of having to see a doctor as well. Treating ailments quickly with home remedies can help to increase substantially the likelihood of them working and increase your confidence to try new remedies as well.

It is also extremely important to realize that not all remedies work for everyone. What might work for you may not help your best friend at all. In contrast, you may find that there are several home remedies that appear to work regardless of who is using them. The remedies that do not necessarily work for you are not necessarily useless, but there are some factors that could render them much less effective for you. Taking the time to really ensure you are sticking to remedies that can actually help you is important. Never spend time on a remedy that does not appear to be effective for your circumstances.

There are literally hundreds if not thousands of different home remedies. Most people at some point in their life will venture into trying at least one, this can be an extremely exciting time and with the right attitude, correct ingredients and a highly effective remedy can be extremely successful.

Top 3 Home Remedies

If you had to sit around and determine the absolute best home remedies that are around it might take years to do, however there are several different options and choices that are accessible to you. With

several hundreds of different remedies available to try there are a plethora of options and some are going to be much more effective than others are. This is something that is only natural, but should always be expected. If you really wanted to know some of the most popular remedies around it would take hours to list of, rather than giving a never ending list we shall instead look over several different ingredients that are used quite frequently.

Apple cider vinegar would have to lead the pack amongst most popular home remedy. This is something that is used in a very large assortment of home remedies and never fails to get the attention of most people who are citing off their most popular remedy. The usages for apple cider vinegar are enormous; they can range from helping to control allergies that can range from pets and even foods, to helping to reduce the occurrence of sinus infections. There are even some usages that they apple cider vinegar can work to reduce the occurrence of fatigue, acid reflux, sore throats and even more. As you can imagine, this is something that you should always keep in your house so that you are fully prepared.

Hydrogen peroxide is another quite common home remedy that is extremely effective. Using it you can do anything from treat wounds and clean them to also clean out excessive earwax. Additional usages can even include using it to help build stamina and also prevent the flu! This is not something that is well known to most people, but the massive usages for hydrogen peroxide in addition to the cheapness of the potential home remedies that you can easily use.

Baking soda is another hugely popular home remedy. Taking advantage of the ability to use baking soda in a wide variety of usages will allow you to really reap a lot of benefits from the treatment. A small amount of baking soda mixed with some water makes a fabulous facial scrub. Other usages include treating stains and even killing bacteria. These small treatment options are treat for helping to avoid some of the problems that are otherwise associated with stains, smells, acne and problem skin as well as also treating bacteria.

Putting together the perfect home remedy is not always easy to do, but there are some ingredients that are typically extremely effective. Starting out using home remedies with these extremely effective remedies is always a great place to get started since you can increase your own confidence to try many of the more advanced remedies that are not always quite so common. This ability to get started with something truly successful will allow you to really know how much fun you are having venturing into the world of home remedies without feeling as if you are completely in over your head. Small ventures into home remedies is quite successful and starting with these three extremely popular choices make a perfect place to get started for anyone. From the simplest remedies for skin to those that help to prevent and treat the flu this is a great set of versatile options.

Top Home Remedies for Kids

Most children at some point in their life will be struck by a problem; this is a sad reality that cannot be avoided. Trying to find the best home remedies that are suitable for children is not always easy; the sensitive little bodies sometimes find that home remedies are not always agreeable. However, if you are careful and always work to ensure you are selective in the ingredient that you choose, you can typically find that it really is possible to use home remedies for children. A bit of well placed effort can produce fabulous results, but knowing which are the best for children is not always easy. We shall dive

into some of the most common problems for children and give you a peek at the top remedies for them.

You probably know and realize if you send your child to school at some point they are likely to come home with lice. This is an epidemic that very few children are able to avoid. In order to really ensure you avoid this complication you would need to shave your child's head and this is not something that most parents are quite eager to do. An affordable alternative to this problem is to instead use either Olive Oil or Mayonnaise to spread across the entire scalp and hair. This would serve to suffocate the lice providing you an extremely effective and affordable remedy.

Another common problem with children is splinters. After all, most parents spend days and weeks of their time asking children to stop playing with dangerous items, put their shoes on and so forth. If you have a splinter that is needing to be removed applying a bit of wood glue to the skin and allowing to dry is a simple and pain free way to get started. Now once the glue actually dries you should be able to slowly lift the glue away from the skin, taking with it the splinter that has been causing problems. This is much quicker, easier and nicer to do than digging around in the skin with a pair of tweezers.

One common crisis that strikes all homes at some point is a burn. Regardless of whether little Timmy walked across hot pavement, little Suzy touched the stove, or even little Mike stayed out in the sun too long. There are so many ways to get burned and kids have a knack for finding them all. In order to really ensure that you are getting the best relief from the burns it is necessary to look towards relief that is soothing. This commonly from the store comes in the form of a gel or lotion with aloe vera included. Rather than spending excessive amounts of money on lotions and gels, buying an actual aloe vera plant is a much better investment.

An alternative to aloe vera if you are out having a picnic or barbeque is mustard though. Both aloe and mustard are extremely effective in helping to eliminate the burning sensation that accompanies a burn and can make it much more comfortable to handle until it can be treated properly. Even better, both of these remedies are safe to use even on the youngest children and are able to easily survive in any household while causing virtually no allergic reactions.

Many children also develop toothaches as well. Of course, most children will wait to develop the toothache until the dentist is closed for the weekend also which means you generally have to wait at least a few days before you are able to actually do anything to protect yourself from the constant cries of pain. In order to relieve the pain your child is feeling and also hold onto your own sanity you can take a small cotton ball and soak it in vanilla extract. This would then be applied directly onto the sore area and allowed to remain for a while. Once this is done, it will typically provide you with a substantial improvement and allow you to function for a while until the dentist is able to see your child.

Home Remedies and Babies – Are they Really Safe?

Parents are always looking for ways to help sooth their children. This is certainly nothing that is new, but there are many new parents who are often concerned that they are making a bad decision when it comes to whether it is really safe to use a home remedy for their baby. Trying to make the best decision possible when you are a new parent is extremely frightening. There are plenty of ways that

you can make a mistake, but in general, it is very important to ensure you are getting the best results and this means ensuring that your baby stays comfortable.

If you suspect that your baby has a serious ailment or is completely dehydrated then it is best to see a doctor. However, the small ailments that may plague your child are often quite easy and simple to treat with a home remedy. Just be sure that you closely monitor their condition. Many parents who do watch serious problems develop notice rather quickly when they are in over their head. However, if you do not carefully watch your child you will find it much harder to actually tell if your child is developing further complications.

A simple home remedy using natural ingredients in small dosages is typically quite safe for babies. However, you should be very careful not to over use the remedy which could potentially cause your baby significant problems. Always talk to your doctor if you have any serious questions about which home remedies are safe to use for your baby. Talking to your doctor is typically a great way to learn which home remedy methods are safe and which should be avoided.

It is also extremely important to ensure you carefully watch for any allergic reactions with any home remedy that you are trying. This is particularly important for babies since they cannot tell you if they are suffering a reaction. Most babies respond quite well to home remedies though, especially as long as you are careful to properly follow all of the instructions.

With home remedies for babies helping everything from teething to colic, stomachaches, and even colds there are plenty of ways to offer your child relief without having to always run to the doctor. Of course, there are some times when venturing to the doctor is essential, but you can certainly look towards home remedies to help reduce the occurrence of doctor's visits easily.

You will of course grow much more comfortable using home remedies with your children as your child gets older. There is little to worry about as long as you are careful though, just be certain to avoid anything that is potentially toxic especially with extremely young children. A quick trip to the doctor is quite possible, but it is certainly not a lot of fun. A small home remedy for your baby will allow you to avoid most of the doctor's visits and also enable you to be absolutely certain that you are getting the proper results that you really need.

Going to the doctor is never any fun, but if you really need to take your baby to the doctor then it should be done. Always making the time to go to the doctor will ensure your baby stays healthy and also provide ample opportunity to talk to your doctor about any remedies that you are curious about.

Teething Babies and Home Remedies

Everyone who is a parent at some point has really wondered if there was a way to get rid of the painful feelings associated with teething. This is not something that is impossible, but providing the comfort that your baby longs for can be a very trying period in your life. The pain that your child is experiencing is never easy to correct, but you are no doubt going to think that it is impossible without using extremely powerful medications. Helping your baby does not have to be futile, but there are a lot of great options to explore.

Your first option should be trying to find something that is hard for your baby to chew on. There are several different types of biscuits and cookies that are created for this specific purpose. The hardness of the biscuit will help to soothe the pain and also makes a great snack for your baby. It is important to use biscuits that are made specifically for this purpose to get the best results though.

For a different option, there are plenty of different types of teething rings that are available. These work well when they are frozen and placed in the freezer. Keeping them in the freezer until they are completely frozen is best since they will provide the most comfort. An alternative to this is a washcloth that is clean and extremely cold.

There is another option that is also available to you, taking a very cold bottle of water and giving this to your baby can also be extremely effective. It will provide a bit of comfort to the gums and can allow you to soothe substantially the discomfort that they feel.

You can also use an extremely cold apple slice for your baby as well. This will often distract your baby from worrying about the discomfort as they try to determine exactly what the apple is, and work to eat it. This can help you to really reduce their discomfort simply by distracting them. You can also wrap the apple slice in a small wash cloth as well if they are too small to actually eat the apple.

Another option is to take a very cold wash cloth and wrap it around your finger. This would then be used to rub across the gums gently. The pressure of rubbing the gums is often enough to help really reduce the pain that is felt, while still allowing your baby a very natural remedy to their pain. Be very careful not to rub too harsh though or you could actually cause your baby further discomfort.

With some patience and calm handling, you can help to soothe the pain that your baby is feeling without the usage of any medication. There is no reason at all why you should ever use alcohol or even medication for your baby while they are teething. You will be glad that you tried a natural home remedy that is completely safe so that you can ensure the best results for your baby while still getting the maximum amount of relief. You can just imagine how happy your baby will be once the pain stops, plus this will even allow you a bit of relief as well since a teething baby is never much fun to deal with.

Fabulous Pet Remedies to Solve Your Problems

With pets becoming a very popular addition to most households there are plenty of occasions when a well planned home remedy can be extremely effective. Trying to ensure that life with your pet is just as happy as you have always dreamed is not always simple but if you are able to make some small adjustments to your lifestyle, you will be able to live happily with a healthy pet for a very long time.

The majority of problems that can be treated with home remedies for pets are extremely easy to handle. Most will involve pests of some sort, but if caught quickly it is not something that should overtake you. The vast majority of people are not comfortable with the little pests that tends to cling to their pets; this can range from fleas to ticks to even ear mites. Working to remove these from not only your pet but also your home is critical. If you ignore problems with various pests on your pets it can spread to your house itself rather quickly. This makes it critical that you invest the time to avoid pest problems before they start in any way possible.

The vast majority of pets will be prone to fleas at a minimum. Flea treatments themselves are not only expensive, but they are also extremely difficult to handle. They turn the pet greasy feeling as well which is not something most families are interested in when they have young children in the house especially. Working to avoid this need for chemical flea treatments really is possible, the first home remedy that you can try simply involves using the shampoo Pert Plus, this would allow you to quickly and easily remove the fleas. This is something that is quite easy and quick to do, especially since you are able to use this anytime you are giving your pet a bath and keep them smelling great as well.

There are also some serious issues with ticks that most people are just unable to accept. For the majority of problems with ticks sprinkling some Borax around the house, as well as your garden will work to help repel the little critters. This will help to substantially avoid the risk of your pets bringing ticks into the house by treating the yard. Additionally, by treating your entire house it will help to ensure you are not allowing any ticks to continue living along with your pets.

There are several ways to fight the smell that pets tend to acquire especially after playing outside when it is damp. The first place to begin is by taking a used fabric softener sheet and rubbing this over your pet once they come back inside will help to remove the smell. Other ways to remove the smell include using some of the sprays that are available at the pet store. The fabric softener sheets are extremely reasonably priced, and because you are using a used sheet the smell will be quite faint without being completely overbearing.

These small techniques are great ways to make living with your pet much easier to do. There are plenty of problems that you may encounter with your pet, but knowing how to avoid these complications will allow everyone in your house to live together peacefully.

Home Remedies for Your Pets

Does the idea of spending massive amounts of money on the medications that your pet need leave you with a bad feeling? This occurs quite frequently, but sadly, your pet cannot tell you how they are actually feeling. In order to get the biggest benefit possible you need to be well aware of all of the details pertaining to a home remedy for your pet to ensure that they are safe, no matter what you are trying to do. With a bit of research put into finding the best home remedies you are certain to find some results that are highly effective, yet much friendlier for your wallet.

One of the biggest problems that strikes at pets is fleas. These little pests are extremely difficult to get rid of once you have them, but as miserable as they make you it is worse for your pet. A cheap way to rid your pet of fleas and have them smell great with no greasy feel is to use Pert Plus shampoo. This is actually a remedy that is highly recommended by groups such as Greyhound rescues since so many flea treatments are actually toxic to the breed. Using the shampoo to bathe your pet not only keeps them smelling great, but it is wonderful for their skin as well. With affordable prices, you can give weekly baths to keep them looking great without hurting your wallet, or potentially overdosing them on the treatment.

If you suspect that your pet has dirty ears that need to be cleaned thoroughly cleaned reaching for the vinegar is a safe and cheap cleaner that you can use. Carefully using the solution and thoroughly drying the ear after cleaning will help to clean your pet's ear and also reduce the chances of an actual infection. However, if your pet does develop an actual ear infection then you can treat the infection

using natural remedies such as Marigold and even Tea Tree oil. By inserting small amounts of the oil into the ear it is effective in killing the bacteria that causes the infection.

Other remedies that can be used is looking to Rosemary extracts to help build up the immunity of the ear. If the ear has a very weak dermal layer, it is much more likely to fail against an infection. A strong ear that is well protected, clean, and includes a sufficient dermal layer will hold up much better against ear infections and reduce the number of vet trips that you will need to make.

Another common problem that animals tend to have is their nails grow quite excessively. If the nails on your pet are quite long and you cut them slightly too far back you run the risk of them bleeding. To stop the bleeding and help soothe the nail you can apply a small amount of baby powder to the nail that was cut to the quick. This is extremely effective to help stop the bleeding and prevent the nail from becoming infected. If you leave the nail exposed without any protection, you will find it much easier to allow infection in.

A small bit of effort will allow you to ensure you are able to protect your pet from any undue pain or difficulty. A small bit of prevention is often essential to preventing the majority of problems for your pet, but at times, this is not always possible. If you suspect that your pet has a serious problem it is best to seek the advice of a vet who can determine the best treatment plan for your beloved pet. Never continue with a home remedy if it seems to be causing your pet additional problems.

With affordably priced home remedies easily available, you will typically find that getting the perfect home remedy for your pet is quite possible. There is no reason to worry that you will not be able to use a home remedy for your pet. There are plenty of great options that you can use to keep your pet happy and healthy.

Home Remedies to Disburse Bugs

With home remedies capturing the minds and imaginations of so many people it is no wonder that a lot of people have also taken the time to ensure that there are plenty of viable options for ridding the home of pests as well. While the house with pests and bugs can be a huge problem, what about if you have bugs in your actual garden! This can become a huge problem if you are trying to grow the majority of your family's fruits and vegetables. In order to combat the bugs naturally you need some assistance. Knowing how to get rid of bugs without chemicals is not only great for the environment, but it is also substantially cheaper than using those pesky chemicals.

The majority of people realize that bugs are a danger to any garden. If you have a large garden or even a small garden you are going to battle bugs at some point. Rather than trying to get the bugs to move out with the usage of expensive chemicals start turning to some natural options instead. In order to really improve your garden you do not have to necessarily use stinky supplies either. In fact, you can expand your garden even more, and rid yourself of the bugs.

If you like herbs, then you are certainly in for a treat. Herbs such as fennel, dill, cilantro and also parsley are all fabulous to have in a garden. These herbs tend to heavily attract the Ladybug. This is actually one bug you do want in your garden. Not only are they actually on the cute side, but they are great for eating many of the harmful bugs that could be wreaking major damage on your garden. Spider mites and even aphids are certainly no match to the Ladybug and having just a couple of

Ladybugs in your garden that are encouraged to stay by the herbs will allow you to rid your garden of some serious problems.

Search for a Praying Mantis. I know it sounds strange, I have not only suggested you bring Ladybugs into your garden but now we are suggesting you bring yet another bug into the garden. Does this seem rather counterproductive? In reality, the Praying Mantis will eat just about any harmful bug you have in your garden. They eat a lot, and because they are not harmful to people they make a fabulous option for removing bugs without the usage of chemicals. From grasshoppers, crickets, flies, and even aphids the Praying Mantis is one of the hardest working bugs you could ever put in your garden.

If you are running into a problem of no clue what type of bug you are up against you should take a few potatoes and cut them into pieces. You then want to take each piece and poke a small stick or skewer through it. You will then need to bury each potato into the ground just a few inches so that it is covered. Space all of the potatoes out by approximately one foot, and try to plant them as close to the roots of your plants as possible, without actually damaging the roots. After a week you can come pull the potatoes up. Not only should you now be able to see what exactly your bug problem is, they should also be trapped within the potato and eating that, rather than your actual garden.

Growing a natural garden really is possible, but to get the best effects you need to be willing to do your homework. You cannot simply toss some plants into the ground and hope for the best results. Learning how to help the plants grow as healthily as possible will allow you to enjoy your garden, and also remove the majority of the bugs that you would otherwise be fighting all during the gardening season. There is no reason to resort to expensive chemicals when there are plenty of great inexpensive solutions.

Getting a Great Night's Sleep with Home Remedies

Have you ever laid around in bed and wished that the freight train noise next to you would stop? This occurs in far too many households for you to be alone in this problem. For the vast majority of people there is nothing worse than sleeping with a snoring spouse. However, it is a reality that does occur. The other side of the problem finds people who are unable to sleep because they themselves snore. Working to reduce this problem is critical and should be a top priority so that everyone in the house can sleep much better.

One of the biggest home remedies that is passed along the most is the advice of having the serial snorer sleep on their side. For some people this is easy to do, however for anyone who is in a habit of sleeping on their stomach or even their back it can be a bit more difficult. There are some attachments and bumpers that you can buy though which will help to ensure you remain on your side. Though there are also some cheaper alternatives such as piling up books, cushions and other materials to help discourage you from sleeping in a position other than on your side.

If you find that sleeping on your side is either completely uncomfortable for you or you are not getting the desired results it is time to move along to another common solution. This involves cutting out all meals and also alcoholic beverages for several hours before bed. Many people who take sleeping medication also experience increase risk of snoring as well. This is not always something that can be

avoided, particularly if you require the medication in order to obtain any sleep at all. However, it is possible to talk to your doctor to see if there is a different medication that you can try which might reduce the snoring problem.

Sadly, obesity is another major factor for snoring. While it may seem as though it is merely an excuse to pick on someone who has a weight problem it is a proven fact that additional weight can cause the air pipes to shrink slightly due to the increase of fat in the neck area. Losing a bit of weight can help to remove the pressure on the air pipes and often significantly decrease the amount of snoring that you experience. This is also great for helping you to get into shape, and lower the risk of snoring excessively. Starting to lose weight slowly will be the best bet though, in order to ensure that you are losing the fat and reducing the skin in your neck area evenly.

Most people are well aware that serious snoring will involve treatment from a doctor. Taking some time to find a home remedy for snoring will not only help you get a much better night's sleep but it will help you to ensure that everyone else in your house can sleep much better as well. Ignoring a snoring problem will not only cause you more difficulties sleeping than necessary but it will also substantially reduce the quality of the sleep that you are able to receive. Getting a grip on some great sleep will provide you with ample energy, while avoiding seeking help for snoring can find you suffering from exhaustion and even fatigue.

Controlling Acid Reflux Using Natural Home Remedies

With acid reflux causing so many significant problems for so many Americans it is very important to ensure you can find relief as quickly as possible. What many people do not realize is that it is possible to find relief from the pain that acid reflux causes quite quickly as long as you know where to look. Of course, there are plenty of medications that you can purchase, however these tend to be extremely expensive, in addition to the fact that they are also accompanied by a large number of side effects. This combined with a rather large price tag for all of the treatment means it can be extremely difficult to even afford the relief.

Home remedies are fabulous for acid reflux because there are several options to try out. This can range from the extremely simple, to those techniques that are a bit more advanced. In order to find the best solution for your needs it is important to ensure you try out several different methods. This will allow you to really find which method is best for you. If you are interested in preventing acid reflux before it even starts you should seriously consider the foods that you are eating.

By adjusting your diet and omitting foods that are extremely spicy, you can typically lower the occurrence of acid reflux. However, it is also extremely important to ensure that you are not missing out on the foods that you really enjoy. If you happen to discover that there are several foods you thoroughly enjoy which tend to aggravate then you can always try taking two teaspoons of blackstrap molasses each day. Blackstrap molasses is available at most health stores and it is extremely effective in helping to reduce the occurrence of acid reflux.

Other ways to help reduce the amount of reflux you suffer from is to reduce the size of your meals. If you are only eating two or three large meals each day, you will have significantly more difficulties

lowering your symptoms. An easy way to lower your symptoms is to break your meals down into six or even seven substantially smaller meals. By doing this, you are putting less pressure on your stomach, and helping to soothe the occurrence of acid reflux.

It is also helpful to adjust your bed a bit. If you are able to raise the angle of your bed by only 6 inches or so you can significantly reduce the amount of acid that is attempting to move up your body. This can be extremely helpful if you are finding yourself continuously suffering symptoms while you are trying to sleep. Not everyone finds this to be helpful, but for people who suffer acid reflux symptoms while they are trying to sleep it can be a significant help.

Other suggestions to follow include looking to see if you can add more apples into your diet. If you consume an apple after each meal, it is said to substantially lower the amount of acid that you have in your stomach. By eating more apples as well you are able to also add better foods to your diet, but it is important to ensure that you are eating the apple raw, rather than cooking it before eating.

As you can see, there are several different options available for you to help improve your overall health. Getting the most out of your life is not impossible, lowering the amount of acid reflux you suffer from really is possible, but it will take a good bit of effort on your behalf. Acid reflux is much better handled when you are making changes to your lifestyle and using natural home remedies to treat it. The time and expense that is associated with medical treatments is never any fun. This can all be avoided simply by looking towards some extremely effective home remedies and trying to ensure that you are thoroughly satisfied with how you feel.

Home Remedies for Anxiety – Freeing Yourself of the Stress

If you are suddenly finding yourself nervous, scared, really worried and have no clue why you are feeling this way you could discover that you are part of a growing trend of people suffering from anxiety. This is not something to be ashamed of, nor is it something that demands a large amount of medication to treat. Of course, there are some people who can only find relief from anxiety in prescription drugs, but many others find some more natural solutions in home remedies that are extremely effective. Working to find the best solution for you can be a rather trying experience, but there are plenty of great home remedies for anxiety that can prove to be extremely effective.

It is largely reported by people suffering from anxiety that they feel much more anxious after they have consumed large amounts of alcohol. This points to cutting back the intake of alcohol as one of the most effective treatments that you can do to reduce your anxiety level. If we must be brutally honest though, this will have a limited effect. After all, if you are only a slight social drinker there will be very little you can do to reduce your intake further. This means this particular method is much more suited for those who tend to drink at least a few drinks a week.

Other suggestions include getting as much sleep as possible to ensure you are well rested. A lack of sleep has been attributed to increasing the occurrence of anxiety attacks. In addition to the additional rest as needed taking some additional B vitamins such as can be found in most vitamin supplements has also shown great promise to help relieve symptoms. An additional benefit to the vitamins is the ability

to allow you to pick up any additional nutrients that you might be missing out on due to your typical dietary habits.

Many people have had great amounts of success by limiting their intakes of sweetener's as well. This includes natural sugar, as well as the artificial sweeteners. In order to really obtain the biggest benefit you should try to watch your reactions to certain sweeteners. There are some that can make the problems worse for you, while others may not bother you in particular. If there is a sweetener that you can safely use, it is important to stay with it, while avoiding the others that tend to aggravate your anxiety.

Due to the increase in nervousness, it is also recommended that you avoid any products that are extremely high in caffeine. Because caffeine is extremely likely to spike anxiety many people who are anxious tend to suffer much more than necessary. Reducing caffeine intake can often provide some rather rapid differences that might otherwise never come. If you are in a habit of drinking coffee each morning, you can simply switch to decaffeinated in order to reduce your caffeine intake while still enjoying your morning cup of coffee.

Another suggested home remedy that has provided great benefits is getting up and starting to walk around or exercise whenever you feel extremely anxious. By getting up and moving around you are taking your mind off of the anxiety that you are feeling and allowing yourself to slowly clam down at your own pace. This is extremely effective for most people since it will allow you to refocus your attention to the activity that you are doing, rather than on the actual anxiety that you are presently feeling.

By avoiding the use of medication to treat anxiety you are sure to feel much better about yourself. Additionally you will be able to avoid many of the harsh side effects that are otherwise experienced in the treatment. It may take a while to find the perfect solution for your needs depending on exactly what factors are encouraging the stress, but a solution really is possible with the right effort.

Fighting Baldness with Home Remedies

Of course, nobody likes the idea of being bald; this is something that affects a lot of men as well as women though. Working to regrow hair is not always easy; this can also cause a substantial amount of stress as you are trying everything under the sun to make hair actually grow back. Fret not, there are several home remedies that have been known to actually work, just finding what will work best for you is extremely time consuming since you need to give each remedy a chance to actually work.

How do you feel about onions? Most people are not huge fans of onion, particularly the smell. The benefits to your scalp are potentially huge though. Did you even stop to consider that the same food you put on your hamburger could also help you to regrow a bit of hair? This is a concept that is out of the realm for most people, but it is true. Taking a piece of onion and rubbing it over the bald part of your head until it is slightly red then applying honey for a short period has been known to help improve the circulation of the scalp and in turn improve hair growth.

Another popular choice is the usage of coconut milk and also a bit of aloe vera gel. By mixing together equal parts of the gel and coconut milk you will have a nice paste that you can use to spread around on

your scalp and help stimulate the hair follicles to regrow hair. It is very important that you leave the treatment on for at least thirty minutes each time and do this a minimum of three times each week. After a couple of weeks, you should begin to notice some very small hairs regrowing.

Everyone knows that apple cider vinegar is a truly remarkable remedy. This can also be used to assist in hair growth as well. Adding this to the already long list of remedies that apple cider vinegar is capable of is certainly a shock for some people, but it is a reality. Add equal parts of the apple cider vinegar to a bit of sage tea and use it to rinse out the hair. This will help to also stimulate the hair follicles and help you to find a bit of fuzz regrowing.

If you do not see any immediate improvements try not to give up all of the hopes you have at first. There are several reasons why you might not see immediate results; this can range from a bad diet, to stress, to even problems with your overall health. Instead of looking to purchase any expensive treatments always take a bit of time to see a doctor and ensure that you are not experiencing any serious medical problems that could be impacting your hair growth negatively.

Perhaps the doctor will be able to find a problem, which would allow the remedy to work better. If nothing else, this would allow you to determine for certain that the remedy is not effective for your needs so that you can move onto pick out a new remedy to work with. Never just struggle along trying to force a remedy to work that is not effective. There are far too many choices that can help you to continue struggling for success.

Natural Remedies For Growing Hair Back

Natural remedies for growing hair back can avoid some of the complications of transplants and other processes. Hair loss is something that happens to most men and many women but the process can be prevented, slowed or even reversed in some cases.

While transplants are the quickest way to replace lost hair, they do have some disadvantages. One is that they do not stop further hair loss. So for example a man with a round balding patch at the crown who has transplants, will later probably develop a bald ring around the transplanted area as the hair loss spreads. The other main disadvantage is that unless you have a series of many treatments, people are likely to notice that you suddenly have more hair. They may think it is a hairpiece, toupee or wig.

Natural hair loss remedies come in various forms and the best results are likely to come from using more than one.

Massage

Scalp massage can stimulate hair growth where the loss is temporary or not severe, and can help to prevent further loss of hair. Gently massage the full scalp with your fingertips for about three minutes each day. Be careful not to scratch the scalp with your nails or damage any growing hair.

Massage with jojoba oil will provide the scalp with B and E vitamins plus many minerals that will give

hair a boost. Jojoba oil is particularly effective if you have a tendency to skin problems such as dandruff, eczema and psoriasis, or oily hair.

A Chinese form of massage said to stimulate the follicles involves tapping the scalp with the fingers of both hands. Beginning in the middle of the base of the skull at the back, tap about 20 times then move the tapping slowly upward and outward around the ears. Then begin again at the back a little higher than where you started before. Repeat until you have covered the whole scalp, finishing at the front.

Nutrition and Vitamins

The hair requires a full balance of vitamins and minerals to grow healthily. Most of us do not get all that we need from our diets. Increasing your intake of fresh fruits and green leafy vegetables to around 10 varied portions a day will go a long way toward rectifying any deficiencies.

Make sure that you are getting enough of these nutrients in particular:

Vitamin A

All B vitamins, especially B6 and B12

Vitamin C

Vitamin E

Zinc

Iron

Copper

Iodine

Essential fatty acids

You can track all of the nutrients in your diet with a free computer program such as the Cron-o-meter available from <http://spaz.ca/cronometer>

If any of the above nutrients are deficient in your diet you can either look for foods that contain more of them (best option) or take supplements, except for vitamin A which should always be supplied from food. The best food sources of vitamin A are orange and red vegetables such as carrots, pumpkin, red pepper etc or dark green leafy vegetables such as spinach.

Men should pay particular attention to the amount of zinc in their diet because it is very important for the prostate. It is vital to have enough, but too much can cause problems.

Herbal Remedies

Men may find the herbal treatment Saw Palmetto useful in treating hair loss. This is believed to have an action on the prostate which is involved in typical male pattern baldness. Be careful not to take too much because if the male hormones that lead to hair loss are reduced too far, breast tissue can develop.

Saw Palmetto may be useful for some women too but must not be taken with hormone therapy, oral contraceptives or any other medication that contains hormones.

Reduce Stress

Stress can cause hair loss and therefore anything you can do to reduce stress or anxiety in your life is

likely to have a beneficial effect on your hair. Try meditation or practice relaxation techniques for 10 minutes each morning, preferably after exercise. Regular exercise will both reduce stress and create a healthier skin and scalp.

These solutions may help in cases for male pattern baldness and age-related hair loss in women. They do not constitute a health treatment or cure. If your hair loss is related to health problems or medication or has an unknown cause, it is best not to rely on natural remedies for growing hair back and you should see your doctor.

Nail Fungus and Home Remedies

With the push towards getting in better physical shape capturing the minds and attention of so many people it is also no wonder that there is a substantial increase in the amount of nail fungus going around as well. Trying to rid yourself of these nasty little infection might seem like a total drag, but the hassle of leaving the infection to clear up on its own is far worse. Looking at a fungus infected nail is certainly not a pretty sight and should be avoided as much as possible.

Many people really do not realize just how easy it is to get a nail fungus infection. If you walk across a damp surface, such as a gym, swimming pool, public shower or anything else similar you are running a huge risk. This is part of why so many people are finding an increase in the fungus, with a push towards getting in shape there is no doubt that the amount of fungus being passed around in locker rooms and gyms is increasing substantially.

In order to fight this nasty little infection there are plenty of different home remedies that you can try out. The first choice is looking to use tea tree oil. This would be easy to do but is not for certain the best choice. If you are using tea tree oil it is extremely easy to use, you simply apply it onto the nail that is infected. It will help to not only kill the fungus, but it will also serve to help clean the nail as well.

Another option that you have to look at is, apple cider vinegar and combine this together with warm water. Using this to soak the infected nail is great for helping to clear up the infection and remove all of the fungus. You should always use warm water though in order not to make it too uncomfortable to soak for a while.

Olive oil and also oregano oil mixed together makes a great antiseptic as well as antifungal treatment. Dropping just a couple of drops onto the nail itself will work quickly to help clean up the infection. However, this is not always readily available in the house and you might need to take some time to venture to a health food store in order to pick this up. Other options include looking around online to order the oils needed.

Grapefruit seed extract is also extremely popular. If you have grapefruit extract it is best to spray it onto the infected nail at least twice a day to clear up the infection. This is extremely easy to do, and can produce results very quickly. Again, this will cause you to need to purchase the extract, which might require a trip to the health store to purchase the extract.

Regardless of the method that you choose it is extremely important to keep the feet as dry as possible. Allowing the feet to remain web can allow the infection to spread further. This is not the result that

you are looking for at all. Thoroughly drying the feet after any home remedy treatment will allow you to clear up the infection quickly, while still preventing the fungus from spreading. You should also avoid walking barefoot in high risk areas as well to further prevent the possibility of contracting the fungus.

Avoiding the Sting of Sunburn

Everybody at some time or another has decided to take a fabulous vacation out to the beach, the desert or someplace else that they normally do not venture. The trip is always wonderful, filled with fun and somehow in the excitement the sunscreen is forgotten, or you are so wrapped up you stay out a bit too long. This has happened to practically everyone capable of walking. In order to avoid all of the pain that sunburns create it would be necessary to live our lives entirely indoors, and this just is not much fun. After all, then there would be no baseball games, no swimming on the beach and plenty of other great activities.

In order to calm the intense pain that sunburns can cause it is important to know how to treat them. Of course, prevention is always the best advice, but for those times when a burn is unavoidable, it is important to know the proper treatment methods. These can help you to avoid screaming in pain each time you lay down to sleep, and also allow others in your family to come within 50 yards of you. Without a good treatment plan you can expect to be extremely lonely, so now is the time to start learning before you are burnt to a crisp struggling to read the screen.

Before we get started, it is extremely important that you always wear sunglasses whenever you are outside. Even if you only plan to be outside for a couple of minutes, something can always happen where it is hours before you go inside. Treating a burn in your eye is much harder to do and is not something that is easy at all. It will also require the specialized attention of an eye doctor to ensure that your vision is not damaged.

One of the first remedies that you should try is always drinking ample water. This is important because it helps to ensure that your body is fully hydrated. If you are dehydrated, it will cause your skin to dry out, which in turn can make it extremely difficult to soothe your skin to a level that is comfortable. If you are dehydrated, your skin is going to have a much harder time healing. Drinking plenty of water will be extremely helpful to ensure that you are getting all of the fluids that you need, not only for your health but also to improve the shape of your skin.

Another highly effective solution is to use aloe vera. This is available in the form of gels, but can also be used directly from the plant. If you have access to an aloe vera plant, it is a wonderful way to ensure you are protecting your skin. If you have an aloe plant, you have access to a great asset. Used for more than just sunburns, an aloe plant is also highly effective for a plethora of other burns as well.

You can also use cool milk compresses. It is important to use cool milk, not cold. If you use milk that is extremely cold, you will often find that it is extremely uncomfortable to the touch and is more disturbing than comforting. Using hot milk is also not effective since it will not properly soothe the skin. To get the biggest benefit possible from the cool milk compresses you should take some cotton gauze or even some very soft cloth and soak them in milk. You will then dab the compress onto the skin.

With some patience, all sunburns will of course heal. Trying to wait until they heal all on their own is not always possible. This can make it extremely difficult to work, get the rest you need and also function. A small amount of relief is always a welcome benefit for most people and is something that should never be discounted. Getting relief is possible and your skin will certainly appreciate the help.

Getting Rid of Acne the Cheap Way

Trying to get rid of acne is a problem that has been around for years. Nobody likes to look as though they are riddled with acne, but sadly, for many people it is a huge problem that simply cannot be avoided. If you find yourself in this position there is typically very little that you can do to avoid it. However, there is still help and hope that you have to make things better. Chemical or prescription treatments are extremely expensive and typically do not work well.

Some of the most common ingredients for acne home remedies include things such as cucumber, lemon juice, and also milk. However, there are plenty of other ingredients that can be used as well. If you are willing to take some time to learn it is possible to find a rather large amount of successful acne treatments that all do not have any serious side effects that can cause you substantial problems. Working to ensure you have the best treatment methods available to you is not always easy, it is quite possible at times that you will feel that you are losing the battle to acne, but never fear there are plenty of choices available to find your perfect solution.

Most people are rather thrilled to learn that the simplest methods are using things such as milk, orange peel, strawberry leaves and even cucumbers. Of course, you are not making a meal and these ingredients are all used in distinctly different remedies. For those who have an abundance of strawberry leaves around you can use them to help reduce the painful swelling that is associated with acne. Other great usages include using orange peel mashed together with a small amount of water to form a paste. This paste is then used to help reduce the acne in the area in which it was applied.

For someone who likes the smell of cucumbers, a paste of cucumber is great for helping to prevent breakouts before they even happen. By creating the paste, you are using some great nutrients that many commercial companies actually put into their products. The key to this remedy is to allow the paste to remain on for at least 30 minutes. After this time, you can remove the paste and feel your skin refreshed. It is important to ensure that you repeat this treatment daily to avoid a breakout.

Using milk you can create a paste by mixing in some nutmeg. This makes a wonderful paste that can be applied directly onto acne to help dry it out quickly. Repeated usages might be required to clear it up entirely, but it is typically extremely effective.

Mint juice is a great remedy as well. It can be used either all by itself, or you can punch it up a notch by mixing it together with turmeric powder. If you opt to mix it with turmeric powder you need to apply it onto your face and allow it to remain for approximately 30 minutes before rinsing your face with warm water. Be certain that you rinse it thoroughly or you could risk over drying your skin.

Finding your perfect home remedy for acne is likely to be a prolonged process. Each person has a uniquely created balance that must be maintained in order to achieve the perfect skin that is needed. If you are having great difficulties trying to get your acne under control it might be time to try a new remedy. It is recommended that you give each different remedy ample time to actually work though

before changing. Typically, a period of two weeks is sufficient to start noticing a great difference in your skin if the remedy you are presently using is going to be effective. Pulling together all of the greatest remedies for acne might sound like a delicious recipe to cook with, but the final result will look much better when your face is clear.

Acne Remedies

As teenagers you were plagued with ailments but nothing made you as self-conscious as acne. Even into adulthood you are sometimes afflicted with this very common issue. More than 90% of the world's population has experience acne at some point in time or the other; some with more severity than others. In dealing with acne there is no golden rule. All types of situations can cause you to develop acne; from adolescence to stress. However you don't have to let acne win. Follow these simple tips and see your way to healthier more radiant skin.

Wash daily with a PH balanced cleansing wash. Cleansing your face daily before bedtime gets rid of debris and other impurities that get onto the skin during the day. A PH balanced wash with some warm water will help to unclog your pores.

Remove makeup before bed: Use a non-alcoholic base makeup remover to thoroughly cleanse skin before bed time. Makeup contains oils that can clog your pores thus causing build-up of impurities which can develop into acne.

Drink lots of water to cleanse your body: Water purifies the system, balances the PH in the body and flushes toxins from the body; all this promotes a healthy body therefore promoting healthy skin as well.

Try the juice of a lemon or lime: Cut a lemon or lime to expose the pith gently rubs the open-side of the lemon onto the acne. Lemons and limes contain citric acid, which attacks the bacteria that cause acne. Be sure to wash off the lemon/lime juice with warm water to prevent the continued citrus action. Use a strong sunblock lotion if you plan to venture into the sun after your citrus treatment.

Try using tea tree oil: Tea tree oil is renowned for its anti-fungal and antibacterial properties which make it great for the treatment of mild to moderate acne. Tea tree oil reduces lesions as well as fights acne with minimal side effects.

Crush up some aspirin and use it as a paste: Crush up a few aspirins depending on the amount of coverage you desire and mix it with just enough water to form a paste. Use a Q-Tip to apply this paste to individual pimples and leave to dry. The Aspirin contains salicylic acid, which is also found in most topical acne treatments use to eradicate acne-causing bacteria. Salicylic acid dries out pimples while simultaneously fighting acne causing bacteria.

I had a pharmacist recommend Betadine to wash my face with when I was a teenager. Betadine is the soap surgeons use to wash their hands before surgery. It works very well. Ask your pharmacist or doctor more about it and if it is right for you.

Gall Stone Home Remedy: Get Rid Of

Gallstones Without Surgery

The most effective gall stone home remedy is a simple gall bladder flush. Yes simple - not the nicest way to spend a Saturday perhaps but for most people, better than needing surgery somewhere down the line.

First, loosen the stones by drinking an 8 oz glass of apple juice morning and evening for 4-6 weeks. This is a very important step and you should not skip it and try to do the flush right away, it just will not work.

The best kind of apple juice is home made by putting organic apples through a juicer. Next best, buy organic apple juice from a health food store. It must be made from whole apples, not concentrate, with no added sugar or other additives, and not the kind that will keep for months.

Try to eat healthy foods during these 4-6 weeks. In particular, make sure you are getting enough fiber so that your digestive system and bowels are working well. This may mean increasing your intake of fruits and vegetables above the famous '5 a day'.

Then you will need to set aside a day when you are home with no commitments. You are going to need to be in or near a bathroom most of the day.

The day before, you will do a short semi-fast. You will not eat any solid food this day. Drink your apple juice in the morning as usual and you can have another glass at lunchtime if you want.

If you have not done a juice fast before, do not worry, it is not as difficult as it may sound. Any time you feel yourself tempted to eat other foods, just remind yourself that it is only for one day and it needs to be done for the sake of your health. A lot of people do juice-only fasts of 1 to 7 days as a regular thing. In fact, there is even a fashion right now of 90 day 'juice feasting' where no solid food is eaten for 3 months. So you can do it for just one day, right?

In the evening, before going to bed, drink 8 oz of organic extra virgin olive oil mixed with 4 oz freshly squeezed lemon juice from actual whole lemons. This mixture tastes something like salad dressing. You will probably need about 4 lemons, depending on size and juiciness. Do not use bottled lemon juice.

In the morning (at least 8 hours later) take a fast-acting natural laxative, either epsom salts or 10 oz citrate of magnesia (not milk of magnesia). You should then expect to need the bathroom often for several hours because you are going to have diarrhea.

In with the diarrhea you should find that you pass many little green stones like small peas. These are the gall stones.

Congratulations, you have successfully flushed out your gall bladder!

This process may be helpful for healthy adults but is not recommended for anybody needing medical attention. If you have any health issues consult your doctor before using this gall stone home remedy or other natural remedies.

Home Remedies For A Toothache

Cloves

Cloves can be found in the spice rack and are often used in apple dishes, but they are also one of the best known home remedies for a toothache.

To relieve the pain of mild toothache, chew two cloves on the affected tooth. If chewing is too painful, you can use oil of cloves. Mix 3 drops oil of cloves with a quarter teaspoon of olive oil. Soak a cotton ball or gauze pad in this mixture and rub it over the painful tooth and gum. Then keep it against the affected tooth by biting down on it. You should feel better within 10 minutes or less.

Salt

Salt can be a very effective remedy for toothache as well as any gum infection or sore in the mouth, especially where bacteria are at the root of the problem.

Dissolve one teaspoon of salt in a small glass of lukewarm (body temperature) water. Take a sip and swirl it around the mouth, working it through the gaps between the teeth where possible. Do not swallow. Just spit it out and then take another sip and repeat.

By the time you finish the glass your pain should be much less. If it comes back later, just repeat. Even if you stay pain free, it is a good idea to do this after every meal for a few days. It will help clear any bacteria that might be forming around food particles in the mouth and prevent the problem from recurring.

If you have salt crystals, then alternatively you can take one or two and press them against the painful place with your tongue until they dissolve.

Tea Tree Oil

Tea tree oil is a natural antiseptic that can be used to relieve the agony of toothache in much the same way as oil of cloves. Alternatively, add a few drops to a small glass of water and swirl around the mouth before spitting out.

Ice

Ice can numb pain and reduce swelling in the mouth as well as on joint sprains and strains. Either hold an ice cube against the painful tooth in the mouth, or make an ice pack from ice wrapped in a cloth or a pack of frozen food and hold it against your cheek where you have pain.

If you use frozen food as an ice pack, you should throw it away when you are done. It will have partially thawed and it is not safe to refreeze and eat.

Lower The Head

Increase blood flow to the head by putting your head between your knees, as if you were feeling faint. Combined with other methods this will strengthen the body's ability to fight the infection.

See your dentist or doctor if home remedies for a toothache do not resolve your problem.

Home Remedies For Mosquito Bites

The best home remedies for mosquito bites, of course, are those that stop the little critters biting in the first place. But if it is too late for that, there are still a few things that you can try.

A mosquito bite is not like the sting of a wasp or bee which is an injection of poison. Mosquitoes just want a little taste of your blood. But to stop it coagulating so that they can easily drink it, they also deposit a protein which causes an allergic reaction in some people.

It seems that some people get bitten constantly and others never have a single itch, but this is probably nothing to do with whether the insects like you. The truth is that some people do not get allergic and so they do not know they have been bitten.

If you ask a hundred bite-scratching people what they recommend, you may get a hundred different answers. Here are some of the most popular ideas.

Ice: apply an ice cube to reduce the inflammation and temporarily numb the area. Ice also restricts blood flow which may reduce the allergic reaction. The bite will probably itch again later, but maybe by then you will be busy doing something else and will not notice.

Roll-on anti perspirant: most commercial anti perspirants contain vasoconstrictive substances which, like ice, restrict blood flow to the area. Additionally, the aluminum in the anti perspirant may help the bite to heal. Do not use if the bite has been heavily scratched.

Fingernails: press down on the bite with a fingernail so that the nail digs in and leaves a mark. Then do the same thing at another angle to form a cross. This should temporarily stop the itching.

Toothpaste: some people recommend smearing toothpaste over the bite. The fluoride is said to reduce the allergic reaction. If desperate, why not give it a try!

Scratching: it has been shown that if you go so far as to open up the bite and make it bleed, some of the allergen may be forced out by the blood flow. However, the bite may become infected, so doing this deliberately is not recommended. If it happens by accident, apply antiseptic.

The good news is that the itching from bites will only last between 24 and 48 hours. Then, cover yourself in insect repellent or keep those mosquitoes out with netting to stop yourself being bitten next time.

You can also look for an anti itch cream that contains camphor, and keep it with you whenever you risk being bitten. Camphor can stop the itching and if applied early enough, it may even prevent the itchy bump from forming. This makes camphor one of the best home remedies for mosquito bites, but you have to buy some ahead of time.

Natural Remedies For Fibroids

Although there are no guaranteed natural remedies for fibroids, there are a few treatments that you can try which may help to reduce their size or at least prevent them growing further, and reduce the heavy bleeding that is often associated with uterine fibroids.

Fibroids are non-cancerous tumors usually found in the womb (uterus) and are very common in women of childbearing age. They appear in about 25% of white women and 50% of black women. Some women may have them without knowing, but in other cases they can grow to a size where they cause pain and a noticeably swollen abdomen. The swelling may make a woman look pregnant. She will often have very heavy and painful periods.

Fibroids may cause pain at other times too, for example during sex. They can also interfere with pregnancy, either making it difficult to get pregnant in the first place or causing miscarriage, premature birth or bleeding during the pregnancy. If they press on the bladder they may cause incontinence as well as pain.

The cause of fibroids is thought to be hormonal. They almost always shrink or disappear after the menopause, unless a woman takes hormone replacement therapy. Genetics may also play a part in the causes of these uterine growths.

The standard medical treatment, if required, is surgery. In the past, the only option was hysterectomy, i.e. complete removal of the womb. Now it is possible in many cases to have what is called a myomectomy in which only the fibroids themselves are removed. If successful, this means that you can still have children afterward. The surgical procedure that is recommended will depend on the size and number of the growths.

If you do not need surgery or decide against it, you may want to look for a natural remedy that will help deal with the symptoms. Doctors will often recommend contraceptive pills but not every woman wants to take these. You may want to try the following home remedies that some women have found helpful. Consult your doctor first and again if the symptoms persist or increase.

Apple Cider Vinegar

ACV may shrink the fibroids. It certainly reduces discomfort in many cases, and unless there is some reason why you should not take vinegar, it will not do you any harm. If you are overweight you may find it has the added benefit of helping you to lose a few pounds. Take one tablespoon three times a day.

Molasses

Some women recommend molasses for reducing the size of fibroids. The usual dose is one tablespoon 3 times per day.

Be aware that molasses is high in calories, iron and copper. It is important to monitor your intake of all of these, as too much can cause other problems. Blackstrap molasses also contains sulfur which can thin the blood and may therefore increase the menstrual bleeding in some women.

Herbs

There are some herbal medicines that may help in some cases. Herbs that balance the hormones, such as agnus castus or yarrow, may be recommended.

Do not take blue or black cohosh which are likely to increase the symptoms.

If you want to try herbal medicine the best solution is to see a qualified and experienced herbalist who will take a full history, consider different possibilities and monitor the results of the suggested herbal natural remedies for fibroids.

Natural Remedy For Kidney Stones

If you are suffering from the excruciating pain that kidney stones or renal calculi can cause and your doctor has advised waiting to see if the stone will pass by itself, you could certainly benefit from finding a natural remedy for kidney stones.

Kidney stones are formed by the body from unprocessed minerals in the renal system. Most of them consist of calcium oxalate. They occur in about 10% of the population but men are four times as likely to get them as women. They tend to recur, so that once you have had one, you have a 75% chance of having more in the next 20 years.

It is possible to have them without noticing, because many will pass when very small. You might have a pain when urinating but you probably would not notice that you had passed something that could be as tiny as a grain of sand.

Larger stones can block the urethra and that is when the severe pain is caused. You may also see blood in the urine. This comes from the lining of the organs being damaged by the uneven surface of the stone. If you have pus or pain during urination you should tell your doctor as this may be a sign of infection.

Even in cases where the stone is large enough to cause pain, the majority of them do pass naturally. There are certain things you can do to help this happen, or make it happen faster.

Dealing With Kidney Stones

The best treatment to help a stone pass is simply to drink plenty of water. Aim for 2-3 liters spread through the day.

Consuming more soup, fresh fruit and raw vegetables is another way to increase your intake of water, as they contain much more than dry cooked foods and grains. Be careful however to avoid over consumption of oxalate which contributes to the forming of the most common type of stone.

Foods high in oxalate that should be avoided include chocolate, peanuts, rhubarb, spinach, beets and sweet potatoes. Also, cut down on salt and alcohol which have a dehydrating effect, and meat and dairy products which cause uric acid to form in the kidneys.

Some people take diuretics to increase the water flow through the kidneys. Some herbal teas have a diuretic effect, for example dandelion and stinging nettle. Replacing two glasses of water with one of these teas may help the stone to pass more quickly. Unless you have other medical reasons for taking them, prescribed diuretics should not be necessary.

You should strain your urine so that you catch the stone when it passes. Your doctor can have it analyzed to see what minerals it is formed from. This will tell you how you need to alter your diet in future to give you the best chance of preventing a recurrence. For most people, a diet that is lower in protein and salt is recommended.

It may be wise to not to take large doses of vitamins and minerals until you have had your stones or your urine analyzed.

A doctor should always be involved in treatment of renal calculi because of the possibility of infection and complications. A natural remedy for kidney stones should only be used in conjunction with medical advice.

Apple Cider Vinegar to Help Diabetic Patients

Apple Cider Vinegar has been used for centuries in folk medicine from killing off head lice to its usages as a tonic for relieving the body of toxins. In recent years, apple cider vinegar is coming out as a powerful medical natural substance for patients that have diabetes. In short, the claim as to why the vinegar works well to fight diabetes is because of its ability to reduce blood sugar levels.

In diabetic patients, if the blood sugar has risen to dangerous levels then the brain, among other areas, can be affected. Just a bit of the apple cider vinegar before meals can help to lower the level of blood sugar in a diabetic patient or a pre diabetic individual. Studies have shown that the vinegar works better than a placebo. Taking two tablespoons mixed with a drink before bed can help patients attain weight loss, which in turns lowers diabetic symptoms.

Helpful vitamins found in apple cider vinegar include: vitamins A, E, C and the B vitamins: B6, B1 and B2. Other nutritious vitamins are provitamin beta-carotene and vitamin P. Minerals that make up part of the vinegar solution are: silicon, fluorine, sulfur, copper, iron, sodium, chlorine, copper, phosphorous, calcium, magnesium and potassium. Dietary fiber found in the apple cider vinegar is the diabetic formula that helps to lower blood sugar.

Results reported in the Diabetic Care scientific journal back in 2004 show that during the study conducted by Professor Carol Johnston, which involved 29 people, reported a significant drop in blood sugar levels in diabetic and pre diabetic patients.

Patients that were given orange juice and a bagel (including 84 grams of carbohydrates) and 20 grams (4 teaspoons worth) of apple cider vinegar for breakfast mixed with one teaspoon of saccharine combined with 40 grams of water lowered their overall level of blood sugar by 34 percent. The other half of patients were given a placebo drink. The study indicated that all groups, where a cross over was

done, showed a reduction in blood sugar which was more pronounced by the apple cider vinegar rather than the placebo. In conclusion of the study, Dr. Johnston noted that "Vinegar appears to have effects similar to some of the most popular medications for diabetes"

As cases of diabetes continue to rise, more and more studies will be conducted and will most likely reveal the level to which apple cider vinegar will help lower blood sugar levels. Right now, evidence concludes to be promising for this natural substance. Apple cider vinegar can be found on supermarket shelves and is a great additive when used as a salad dressing. When using the vinegar not contained in a food product, be sure to mix it with a drink due to the high acid levels in this product.

Cinnamon is also a good home remedy for blood sugar control. Also see our Deliverance Ministry website link at the back of this eBook.

Home Remedies for Acne

Acne can be one of the most depressing as well as most expensive to treat skin problems in existence. It doesn't have to be that difficult, though. In fact, a visit to your kitchen can put several potential home remedies for acne right at your fingertips. Most of the treatment ingredients are things you already have on hand, making it that much easier.

One of the most highly recommended home remedies is natural honey. People who have tried this as a way to treat acne are very impressed with the results. There is a lot of proof that not only does it work to heal existing acne breakouts but it aids in preventing new ones. It's quite easy to use. Simply wash your face or wherever your affected area is located. Wash it gently and completely to ensure that your skin is clean before trying any home remedies for acne. Then you will apply a mask of honey to your freshly washed skin. Let it set for about 20 minutes and then rinse thoroughly.

Honey works through its natural antibiotic properties. You will find that it keeps your skin healthy, clear and soft. If possible, use raw honey rather than the kind you will find in grocery stores. Raw honey has no artificial additives and is better for your skin. Travel out to some rural areas to find some bee farmers. They will be happy to sell you a jar of honey for a reasonable price. This is one of the more effective home remedies for acne as well as being one of the least expensive. Your skin can stay acne free for a very practical price.

Mixing milk and lime juice is another home remedy to help rid your skin of acne. It's especially effective in the removal of blackheads. All this one takes is bringing some milk to a gentle boil. Take one lime and squeeze the juice from it into the milk. While you wash your face, the mixture can be cooling. When it's cool enough to use, simply apply it to your face. Let it set for a few minutes followed by rinsing with lukewarm water.

When looking for home remedies for acne, don't overlook one of the cheapest and simplest ones of all: water. Granted, it does work more slowly than the topical applications of other remedies, but it works from the inside out by flushing out any impurities that may be causing those unsightly breakouts. Drinking a healthy amount of water daily in conjunction with any other acne home remedy can only facilitate the healing process.

If you, or someone you care about, has a problem with acne look in the direction of natural healing.

There are many available recipes of home remedies for acne and they are quite easy to locate. According to the testimonies of many people, these have worked wonders. You can have your own success story as well.

Home Remedies For Arthritis

Today there are many people who suffer from arthritis. Most people have a lot of pain and discomfort from it. Oftentimes this will send them looking for a way in which to overcome this pain. Thankfully there are a lot of home remedies for arthritis that work.

Some of these home remedies for arthritis include:

1. One of the most highly recommended home remedies for arthritis is finding a good massage therapist. A massage therapist who is able to massage deep down into the muscle or joint that is bothering you the most will actually feel really good.
2. Yoga is also quite good for arthritis because it will help you to get rid of any excess pain. Not only is this one of the home remedies for arthritis that will ease your pain but it will also help your medications work better and thus be more effective. It works because it is able to relax your muscles and improve your blood circulation.
3. Some people have found that fish oil capsules are helpful because of the Omega-3 oils. This is also true of cod liver oil, which contains vitamin D and vitamin A. These vitamins will help you build up your bones while fighting off inflammation.
4. Another one of the home remedies for arthritis that a lot of people use is Zinc. By eating foods that are high in zinc once a day you will be able to ease at least some of your pain. The foods that contain the most zinc include legumes, oysters, whole wheat and milk.
5. Eating plenty of green and yellow vegetables will also cure your pain. This is because there is beta-carotene, vitamin C and antioxidants in these vegetables. With home remedies for arthritis like this one you are going to want to make sure to eat at least two servings per day.
6. One of the final home remedies for arthritis is simply to take a hot bath, soak in a hot tub or have a hot mud bath. These home remedies for arthritis work because it can relieve pain by increasing your blood flow. The hot mud bath will help in an additional way: by removing toxins from your body and thus relieving you of any muscle pain. Of course, there are also some people who prefer to use a cold pack on their swollen joints instead. If you do not have a cold pack you can simply wrap a towel around a pack of frozen vegetables and use it instead.

These are just some of the many home remedies for arthritis that you can try. More than likely you will find that at least one of them will help you ease your pain.

Home Remedies for Cold Sores

Most everyone will get a cold sore at some time in their lives. Most cold sores occur around the mouth or nose and some people often get them over and over again in the same location causing pain and embarrassment. Commercial products are available but they can be quite expensive and many people find relief using home remedies for cold sores.

A cold sore, sometimes called a fever blister is an infection with the Herpes Simplex I Virus (HSV-I). This is not the same “Herpes” virus which causes the sexually transmitted disease. The HSV-I virus can be contracted at any point in a person’s life and will lie dormant in nerve cells of the body until activated by stress or environmental conditions such as sunburn. Beginning with a “prodromal” symptom such as itching or tingling, several days may elapse before the sore will appear and become inflamed and painful. The cold sore will develop into a crusty scab which may last for up to 2 weeks.

Avoid Eruption

The first step to treating a cold sore is to avoid it if at all possible. Cold sores can be brought on by infections, stress, and changes in body chemistry such as menstruation or illness. Obviously, these conditions cannot be avoided or predicted but others such as sunburn and allergic exposure can. If you are known to get cold sores, wear protective sunscreen lip balm when in the sun and avoid allergens in the foods you eat.

Treat Immediately

If you have had a cold sore in the past, you will know that tingling or itching of the skin may occur several days before you see the fever blister so you should act quickly. Sometimes immediate treatment will prevent the blister from forming. Above all do not start scratching it, even if it itches.

Use Ice

Ice applied directly to the site of the tingling may act by lowering the temperature of the forming sore and limiting its development. Ice application will also numb the area and prevent itching which may spread the virus.

A Teabag May Help

Some people recommend applying wet teabags to the area where the cold sore is forming. Tea contains tannic acid that will aid in treatment of the cold sore by both its antiviral properties and its ability to coat membranes. Tannic acid is a major ingredient in several cold sore medications but you may be able to get the benefit without going to the store. This method will also work to reduce the inflammation if the cold sore erupts.

Essential oils and supplements

Tea Tree oil and Lavendar oil are both known to have antiviral and healing properties and may work as an herbal remedy for cold sores. A few drops mixed with petroleum jelly can be applied directly to the cold sore to limit size and speed healing of the blister. L-Lysine supplements are also believed to be beneficial in preventing or treating viral infections. Tea Tree oil, Lavendar oil and L-Lysine are available at most health food stores and some supermarkets and drug stores.

Home Remedies For Constipation

A person is considered constipated whenever they don't move their bowels at least four times a week. You will know that you're constipated because you will have small, hard, dry stools that are difficult to pass. Other symptoms of constipation include bloating, straining to move your bowels and pain. With all of these unpleasant feelings, it is no wonder that so many people are in search of home remedies for constipation. Some of these home remedies for constipation include:

1. Exercise is one of the home remedies for constipation that will help you move food through your

intestinal tract.

2. Try to relax and let go of your stress so that your body can adapt to a regular time in which to move its bowels. It is also important to eat at the same time each day as well. This is actually one of the very best home remedies for constipation.

3. What you eat and drink are also important parts of the home remedies for constipation. For instance, you will want to make sure to drink at least 6 glasses of water each day. Other foods that you should eat include fresh fruits and vegetables as well as sugar, honey, mangoes, lemon juice, oil and fiber.

4. While there are some foods that you should eat, there are also some foods that you should avoid eating if you are constipated. These foods include cheese, milk, beans, cabbage, cauliflower, fried foods and red meat.

5. Herbs are also considered to be great home remedies for constipation. One of the best treatments here is Psyllium Seed. This is because it contains soluble fiber that will stimulate your body to expel a bulky stool. For this reason, it is often used in over-the-counter products. Another remedy here is to grind Harre, Bahera and Amla together in a powder to drink in either warm water or milk.

6. Another one of the home remedies for constipation suggests that a person may be in need of more folic acid. This can be found in foods such as green peas, broccoli, lettuce and avocados. If you cannot eat enough of these foods, then this can also be taken in the form of a pill that you can get over-the-counter at your local pharmacy.

There are also numerous drinks that you can make to use as home remedies for constipation. These drinks include:

1. Roasted black gram pepper combined with Chapatti
2. 2 tablespoons of Blackstrap Molasses combined with fruit juice or milk
3. 10 grams of Spiegel seeds mixed with 200 grams of warm milk
4. Fig juice
5. A sachet of Andrew's Liver Salt in a glass of water
6. Aloe Vera juice
7. Apple pectin
8. 1 tablespoon of corn syrup mixed in 8 ounces of water

As you can clearly see, there are many different home remedies for constipation. It is a matter of trial and error to figure out what will work best for you.

Home Remedies for Cough

A cough is a normal response to irritation in the airway including the throat, bronchial tubes or lungs but it can be quite irritating and troublesome. While traditional over the counter and prescription products are available, many people prefer using home remedies for cough.

A short bout of coughing is a sign of health when it is in response to an infection or exposure to inhaled substances. This is the body's way of expelling mucus, foreign material, bacteria, and irritants from the respiratory system however it can get out of control and become bothersome.

There are two basic types of cough, dry cough and cough with congestion. Either type can be treated using a few basic food products, spices or herbs often available at home. Additional natural remedies for cough will be available at the health food store or possibly even the grocery store.

Dry cough is often a chronic condition often caused by allergies and environmental exposure which will need treatment with a cough suppressant. Cough with congestion is caused by excessive mucus production often due to an illness such as a cold or bacterial infection. Congested cough will need treatment with an expectorant to loosen and break up mucus along with a possible need for boosting the immune system to get rid of the infection.

Some highly recommended home remedies for dry or chronic cough include some common ingredients often found in the kitchen such as lemon juice, salt, black and cayenne pepper, garlic, ginger, honey and apple cider vinegar. They can be combined in a variety of ways such as:

- Lemon juice mixed with black pepper and salt
- Honey mixed with garlic, cayenne pepper and ginger
- Honey and hot lemon juice
- Apple cider vinegar with cayenne pepper

In most cases, the recommended dose would be a tablespoon of one of the mixtures repeated every few hours.

If the person is severely congested he should drink plenty of water and avoid dairy products as they are known to increase mucus production. In addition, grapes and pears are thought to have some expectorant properties and will work as a home remedy for cough by loosening phlegm.

Herbal remedies for cough which can be found at the health food store include: slippery elm bark which coats and soothes the throat, wild cherry bark and horehound which are known expectorants, and holy basil or Tulsi which is also an expectorant widely used in India. One can also purchase mint, lemongrass and eucalyptus leaves to make a soothing tea good as a natural cough remedy. If the person has a viral or bacterial infection, one may wish to try commonly known immune boosters such as Echinacea and Reishi mushroom to combat the infection.

As each cough is different, many different combinations of home remedies for cough can be made and tried until you find the one you like that works for you.

Home Remedies for Dandruff

Dandruff is the most common complaint received by their customers. While not dangerous, dandruff is an irritating and embarrassing problem experienced by most people at sometime in their lives. While many preprepared commercial products such as shampoos and scalp rubs are available many people find relief from simple home remedies for dandruff.

Treat Immediately

The first thing to do when noticing dandruff is to treat it immediately. Without treatment dry, scaly, flaky scalp will get worse with a buildup of skin cells on the scalp. This can cause itching and scratching which can damage the scalp and leave it exposed to infection. The small abrasions caused by excessive scratching will also most likely scab up which will be even more irritating and embarrassing.

Check your Shampoo

Many shampoos contain harsh fragrances or additives which may be irritating or cause a slight contact allergy which could contribute to itching and flakiness. Switching shampoo brands to a mild, low fragrance type may help the condition right away. In addition, more expensive does not necessarily mean better so one should search for a brand that fits not just the most popular or expensive brand.

Shampoo Daily

Shampooing frequently is important when attempting to control dandruff. Most hair experts agree that daily washing is the most effective home remedy for dandruff. Daily shampooing with a mild non-medicated shampoo will help to loosen and remove the flaky skin on the scalp.

Massage the Scalp

Massage the scalp when you shampoo as this will help to loosen dead skin and restore good blood circulation to promote a healthy scalp.

Rinse Well

Proper rinsing is also essential. For the average person, a quarter sized dollop of shampoo is generally sufficient to cleanse the hair, followed by plenty of clean water. Soap or shampoo residue left on the skin can irritate the scalp and lead to itching so rinsing well is imperative.

Try Herbal Home Remedies for Dandruff

- Olive oil will help loosen dry skin. Apply directly to scalp and let it sit for thirty minutes or more. Massage scalp with fingers and follow with a complete shampoo to wash out the oil and loosened skin.
- Vinegar or lemon juice can be added to water and used to make a mild rinse. The acidic nature of these items will help invigorate the scalp and reduce flakiness. Be aware though that lemon juice can lighten hair so be careful if hair is dark.
- Make a rosemary and thyme tea as a rinse for dandruff. Rosemary and thyme straight from the spice cabinet should be added to a cup or so of hot water. Allow it to steep for several minutes and strain. Use the liquid as a rinse on the hair. Rosemary and thyme are key ingredients in several hair tonics and thought to prevent dandruff.

If these home remedies for dandruff don't work, you can always go and purchase dandruff shampoo later but there is no harm and great benefit in trying to treat it at home first.

Home Remedies For Ear Infections

Four Treatments to kill the pain of ear infections and promote healing:

Head for the Medicine Cabinet

The doctor recommended over-the-counter pain reliever is acetaminophen (Tylenol-type products). For some individuals a dose at bedtime may be all that is needed. Also try a decongestant at bedtime like Sudafed which can be purchased at a local drug or grocery store. If you have fluid inside your ears, Sudafed or other oral decongestants will dry it up. Adults can also try over-the-counter decongestant nasal sprays with the oral decongestant mentioned above. However, do not use these sprays more than three days as they cause a rebound effect and you will end of with an additional health problem.

Elevate the Head of Your Bed

The eustachian tubes in your ears tend to fill with fluid upon lying down. Many people do not experience pain from ear infections until they go to bed. Try elevating your head on several pillows while you sleep, or put blocks underneath the legs of your headboard or the bedframe to raise the "head" portion of your bed. If this does not work, try sleeping upright in a recliner.

Drink Plenty of Fluids

Swallowing naturally helps clear the eustachian tubes. The muscles you use to swallow opens these tubes so your ears can drain. Sipping water, juice, tea, or any liquid throughout the day will benefit your ears and help alleviate the pain.

Mix-up a Salty Solution

This method has been recommended by an ear, nose and throat physician: Take ½ glass of warm water and add a ½ teaspoon of salt. Stir to dissolve the salt in the warm water. Lay on your bed with your head dangling over the edge. Make sure not to swallow during this next step. Using an eyedropper to administer the salty solution, fill each nostril with the warm, salt water. Let this solution stand in both nostrils up to one minute - longer if you can manage it. Have a dry towel handy, rise up from the bed and let your nose drain out the fluid. This kills any nasty germs hanging around and clears up the stuffy feeling in your head. Salt is a natural healing mineral.

Be Warned

Untreated ear infections can lead to permanent hearing loss. If your ear infection does not clear up in a couple days, go see your family physician. He or she can put you on a round of antibiotics which will clear up the ear infection.

To Prevent Ear Infections

If you are constantly having recurring bouts with ear infections, consider having an ear, nose and throat doctor insert ear tubes in one or both ears. This keeps the ears drained, prevents pain and infections. Ear tubes last about one year in adults and then fall out.

Smoking also will take a simple ear problem to the next level of a full-blown infection, as the smoke irritates the eustachian tubes. The same goes for wood-burning stoves. Smoke of any kind in the air emits toxins into the air which will affect your ears.

Home Remedies for Heartburn

Heartburn is estimated to affect over 25 million Americans each day. In addition, it is thought that around \$1.5 billion are spent on over-the-counter remedies for the condition each year. These medications aren't necessary though as there are numerous home remedies for heartburn available...many of which are probably sat in your kitchen cupboards right now.

Food Remedies

- blanched almonds and almond milk are both great at relieving heartburn. They work by binding to excess stomach acid that escapes up into the esophagus i.e. the cause of heartburn. Chewing 6-8 blanched almonds is often sufficient, as is half a glass of almond milk.

- Baking soda is another good remedy. Also known as bicarbonate of soda, this highly alkaline powder quickly neutralises the stomach acid causing your heartburn. The simple way to take the remedy is to mix half a teaspoon of baking soda with half a glass of water and drink naturally. You should feel the effects within minutes.
- Soda crackers work in a similar way but are a much tastier remedy than baking soda in water. Eating a few soda crackers when the symptoms of heartburn become noticeable will quickly ease the pain and discomfort.
- Apple cider vinegar is thought to decrease the amount of gastric acid produced by the stomach and so a few mouthfuls of this can quickly remedy heartburn. Unfortunately on its own, apple cider vinegar isn't very palatable and so you might want to mix it with a cup of warm water and a tablespoon of honey.
- Celery is one of the best natural home remedies for heartburn, and one of the cheapest. Being alkaline in nature, celery effectively neutralises the excess acid in your stomach and puts an end to heartburn. A single stick is often enough to cure even the worst cases.
- A variety of herbal teas are also effective for treating heartburn. These include liquorice, meadowsweet, chamomile, lemon and marshmallow teas, plus a few others. Some are not suitable during pregnancy though so care should be taken if you're expecting.

In addition to food remedies, there are also a number of lifestyle changes you can make to prevent future attacks of heartburn. These include the following:

- Giving up smoking, as smoking weakens the sphincter muscle between the stomach and the esophagus, so letting stomach acid travel up into the alimentary canal.
- Losing weight, as excess weight places additional pressure on the stomach and can force the gastric contents up into the esophagus.
- Not lying down or slouching after a meal. By sitting up straight the stomach is able to empty efficiently and the force of gravity helps the process of moving the digested food into the intestine.
- Giving up or cutting down on caffeine and alcohol. Both of these products relax the sphincter mentioned above and increase the chance of acid reflux into the esophagus.

Hopefully the home remedies for heartburn mentioned here will help to relieve the painful symptoms of the condition in the present, while the preventative measures work to keep you free from heartburn in the future.

Home Remedies for Pink Eye

When conjunctiva, the tissue layer that covers the eyeball, becomes inflamed along with the inner part of the eyelids, it causes the pink eye. A condition that causes discomfort and is accompanied by obvious pink eye symptom of redness of the eye, swelling of the eyelids, eye pain, dryness, burning, blurred vision, discharge and itching of the eye. Pink eye usually starts in one eye but can easily spread to the other. Pink eye is highly contagious.

You can get pink eye from a viral infection, bacteria, allergic reaction, smoke, dust and wind can cause pinkeye.

Treating pink eye can be done with over the counter eye drops and ointments or with home remedies. Whichever you choose all cases involve a warm compress on the infected eye several times a day for ten minutes to reduce inflammation. Other remedies include:

Homeopathy:

Some homeopathic home remedies designed to treat conjunctivitis include Pulsatilla, Belladonna and eyebright homeopathic eye drops and eye washes can be made from eyebright or chamomile

Boric acid:

Boric acid eyewash may help relieve the discomfort associated with pink eye, as it cleans and soothes the infected eye. Even a warm compress applied to the affected eye can help relieve the discomfort.

Coffee or Tea:

Place damp tea bags on the eyes to relieve the discomfort of allergic pink eye. Make really dark coffee and with a cloth put over your eyes several times a day, at least for fifteen minutes. By the next day the red should have completely gone away.

Calendula:

To ease itching and stop inflammation Calendula, an antiseptic perfect for irritation from pollutants and allergies, . Use as a local compress and eyewash.

Jasmine flowers:

Distilled water in which jasmine flowers had been soaked overnight used as eye drops will work like a charm for pink eye, especially for the eye having yellow discharge.

Honey:

Putting drops of honey mixed in warm water in the affected eye is an effective pink eye remedy. However, be prepared for a little burning discomfort.

Saltwater:

Cotton balls soaked in boiled saltwater when placed on the eyelids kill the infection.

Chamomile:

Cloth soaked in water, in which chamomile has been boiled, when placed over the affected eye will help clear the infection.

Eyebright (*Euphrasia officinalis*):

Adding a few drops of eyebright tincture to boiled and cooled water and applying it to the infected eye through cotton balls is an effective way to cure pink eye.

Sore Throat Cures In Your Cabinets

Before trying any home remedy, you must be certain you are not allergic to any of the ingredients used in the remedies. Sore throats have many causes and home remedies should never take the place of medical treatment for sore throats from illnesses such as strep throat or mononeucleosis, or from injuries to the throat.

There are many home remedies for sore throats in every culture, some having been used for centuries. One of the older Chinese remedies is to boil 1 quart of water, then add 1 cup of honeysuckle flowers. Do not use the leaves. Allow this to steep 10 minutes, then strain, sweeten with honey or stevia and drink up to 4 cups of this tea daily.

Garlic is known for its antiseptic properties and may be used in different ways. The easiest way for the more timid soul is to load your food with garlic. However, more effective methods are to either make a garlic juice gargle or to chew on pieces of garlic.

Your grandmother's home remedy of a salt water gargle is still reputed to be one of the best. Simply dissolve 1/2 teaspoon salt in 4 ounces of warm water and gargle every few hours.

For the brave, a gargle of 1/2 teaspoon cayenne pepper with a few ounces of water will help numb a sore throat.

Sage is also a good herb to help in the healing of a sore throat. Add 1 teaspoon powdered sage to 1 cup boiling water, steep 3-5 minutes and drink.

Apple cider vinegar is one of the best remedies, well known for its antiseptic properties. However, due to the high acid content of the vinegar which may etch tooth enamel, it is strongly suggested that you rinse well after use. Mix 2 teaspoons of apple cider vinegar to 1 cup warm water and gargle. Spit and repeat until the cup is gone. Rinse mouth well with cool water.

A more tasty remedy is to mix 1 teaspoon cream of tartar with 1/2 cup of pineapple juice and drink. Drink this mix every 2 hours.

Although it's not touted as a cure for a sore throat, a tea of 2 teaspoons honey, the juice of 1 lemon and a cup of hot water is a soothing mix.

Any sore throat lasting more than 3 days or which causes swelling of the throat should be seen immediately by a medical professional.

Home Remedies for Yeast Infections

Yeast infections are typically caused by an imbalance of the yeast organisms and natural bacteria that coexist in minute quantities in the vaginal area. When something causes the levels of bacteria to drop, the yeast will multiply, causing a painful, itchy yeast infection. Some causes of yeast infections can include taking antibiotics, which deplete the bacteria in the body, and hormonal fluctuations such as menstruation and menopause. The key to curing a vaginal yeast infection without the aid of over-the-counter anti-fungal treatments is to restore the vagina's natural balance between the lactobacillus acidophilus (the natural bacteria in your vagina) and the yeast.

Yogurt

The most common home remedy for yeast infections is yogurt. The fact that plain, unflavored, unsweetened yogurt contains live cultures of lactobacillus acidophilus makes it the perfect choice for restoring the natural balance of the vagina. There are many ways that the yogurt can be applied, including placing it directly on the vulva, or skin on the outside of the vagina, and for more severe yeast infections, the yogurt can be injected directly into the vagina with the use of a tampon applicator (without the tampon), or a needle-less syringe. Don't be worried about harmful effects of inserting yogurt inside the vagina; it is a natural remedy that won't cause any damage to the vagina or reproductive system.

Garlic

Garlic contains natural yeast-killing enzymes, so eating a diet rich in garlic can help prevent yeast infections. Also, if an infection is caught early enough, inserting a peeled clove of garlic wrapped in soft gauze into the vagina can relieve the symptoms of a yeast infection and also cure it. Some women report a burning sensation when the garlic is placed into the vagina, but if you are sure to avoid piercing the outer film of the garlic clove then that can help relieve the burning. It is best to leave the garlic in for a couple of hours at a time, or overnight.

Hydrogen Peroxide

Since the bacterium found in yogurt kill the yeast organisms by producing hydrogen peroxide, it seems only natural to use it to treat yeast infections. You can simply pour it on the outer skin of the vagina, and insert some inside as well, and it should relieve the symptoms and clear up the infection. The peroxide will bubble vigorously when placed on or inside the vagina, but this is simply the natural oxidation that kills the yeast organisms.

Prevention

There are natural remedies for preventing yeast infections as well as treating them. If you are prone to contracting yeast infections, wearing cotton underwear instead of nylon or silk and avoiding extremely tight pants can allow the vagina to "breathe", thus preventing the overgrowth of yeast organisms. Also, eating yogurt and garlic can help restore the entire body's natural balance, which can then affect the frequency and severity of yeast infections.

Remember, with severe yeast infections, it may be necessary to purchase an over-the-counter medication to clear up the infection. Also, when in doubt, or if it's your first infection, be sure to talk to your doctor!

Home Remedies

These are all remedies, that I personally or a family member of mine has used:

Tea tree oil is used for a variety of skin conditions. Athlete's foot, eczema, lice and yeast infection, to name a few. Apply two times a day, till you know longer experience the problem.

You don't have to run to the doctor, to have him clean your ears. A solution of 3% hydrogen in your ears, will remove wax, let it set in your ear for a minute or two, then rinse.

For bee stings, use a paste of 2 tablespoons of baking soda and 1/4 cup of water. Leave this mixture on, for about 15 minutes, then rinse off.

To relieve the itch of poison oak, soak in a tub of water mixed with 1/4 cup of baking soda.

Sunburn relief, take as many leaves as needed, off an aloe vera plant and cut open the leaf, then rub on sunburn.

If you don't wear earrings every day, the holes might grow over a little. Just use vaseline to rub on your

ears and the earring, before wearing them.

Keep bourbon around for that nasty cough, that won't go away. A tablespoon every 6-8 hours, as needed, will do the trick.

If you want a temporary fix, to take the greasy look out of you hair, sprinkle baby powder just on top and work it in. Comb through.

Does the baby have diaper rash? Use vaseline then baby powder, till rash is gone.

For candida on external areas of the body, use wet tea bags on affected area. Keep the bags on about 15 minutes, then repeat ever 4 hours, as needed.

Embarrassed by acne? Wash your face with a mild soap and water, pat dry, then dab on lemon juice and leave on till morning, rinse and repeat, as needed.

Yogurt eaten every day, for 2 weeks, will get rid of yeast infection.

Cranberry juice will help rid kidney stones, at first signs of problem.

Tired achy feet? Soak them in a solution of warm water and epsom salt.

Garlic, when eaten every day with or in your meal, will reduce cholesterol and lower blood pressure.

When your child has an ear ache and you can't get to the doctor till next day, use a teaspoon of warm sweet oil applied to a cotton ball, leave in affected ear, overnight.

Weight Loss Tips

Are you looking to lose weight to improve your appearance, your health, or even both? If you are, you may be looking for advice. The good news is that there are a number of tips that you can use to help you successfully lose weight and hopefully achieve your weight loss goal.

When it comes to losing weight, the best thing that you can do is eat healthy. Eating healthy involves watching the foods that you eat, not necessarily how much food you eat. Of course, you may want to restrict the amount of foods that you eat, when on a diet, but it is more important to focus on the foods that you do eat. For instance, if you were to eat fruit instead of chips, you could have more fruit snacks with your meals than you would be able to if you were just to eat junk food.

Since eating healthy is an important component of losing weight, you may be wondering how you can go about doing so. One of the first things that you should do is find and familiarize yourself with healthy meals. You can do this by way of standard internet search or by buying a collection of healthy eating recipe books. To reduce the boredom often associated with healthy eating, especially if you are not use to it, it is important that you "spice," up your foods and try to not eat the same meals over and over again each week.

In connection with healthy eating, regular exercise is also important to weight loss. If you are looking to lose weight, you should start an exercise plan for yourself. Exercise is important as it burns off calories. When you burn calories, the amount of calories that your body absorbs decreases. This is, essentially, what makes it possible for you to lose weight. If you haven't been exercising regularly in the past, it is important that you take it slow. Exercise is a great way to lose weight, but you do not want to overdo it, especially at first.

If you don't currently have an exercise plan or program in place, you may be wondering more about what you can do. One of the many ways that you can go about finding exercises or workouts to do is by buying a collection of fitness magazines. Many fitness magazines have detailed exercises outlined in them, often accompanied by pictures. You may also be able to find free instructional workout videos or exercise moves online. As a reminder, it is important to start out slow or at least start with exercises that would be easy for you to.

Eating healthy and regular exercise are both important components of losing weight, but there are additional tips that you can use to help you lose weight. One of those tips involves finding a workout partner or a workout buddy. This is a person who can exercise with you, whether your exercise involves visiting a local gym or just going for a walk at a local shopping center. Having a workout partner may help to keep you motivated and it may help to keep exercising and losing weight fun and exciting for you.

Another way that you can go about successfully achieving your weight loss goal is by "spicing," up your exercises. As previously mentioned, you can use the internet or fitness magazines to find workouts for you to do at home. To help reduce the boredom often associated with exercising you will want to change up your exercises, often on a daily basis. For instance, one day you may want to use a treadmill, the next day you may want to lift weights, and the next day you may want to do an exercise DVD, and so forth.

You should also consider making exercise and healthy eating logs or journals for yourself. These items can be used to track your progress. If you have a good week, like one where you completed all of your exercises, you may want to think about rewarding yourself. Your reward doesn't have to include food; it can be something as simple as a sticker or treating yourself to a movie. Journals and logs have been known to help many individuals looking to lose weight and it may be able to do the same for you.

Natural Weight Loss: When you do not have to Go Over

Eat right, keep moving.

You just have read all that you need to know about how to prevent being overweight. That simple set of instructions should be easy to follow, but not for 35% of Americans who are unable to prevent being overweight.

Of course, once we are overweight, we usually want to trim down for a whole lot of reasons, some related to health, others having to do with looks.

In addition, it is never too late to lose weight. But the fact is, it is a whole lot easier to prevent putting on pounds than to try losing them later on. And if there is one thing we all know, it is that weight gain is likely to happen if we do not take forward-looking steps to stop it.

Health experts say that most people who are into losing weight usually stray. They tend to go back to their old eating habits even after they learn to enjoy low-fat eating. They tend to return to sedentary ways even though they enjoy exercising.

But despite the momentum toward weight gain, you can stop it from happening, experts say. And there are plenty of good reasons to avoid excess pounds, reasons that go beyond vanity or social acceptance.

In fact, some health experts contend that the significance of excess weight is more than cosmetic. They say that it takes a huge toll on people's physical health.

The Way to Losing Weight...Naturally

The nuts and bolts of eating right maintaining a healthy weight is not all that complicated. In fact, it is a good bet that most people know pretty well what is best. Hence, losing weight the natural way should not be a problem at all.

Consequently, a reasonable approach for losing weight naturally is to stick to a diet that is high in complex carbohydrates, high in fiber, moderate in protein, and low in fat.

A complex carbohydrate is a baked potato. Fat is the sour cream and butter you should not put on it. Fiber is vegetables. Fat is the oil you should not fry them in. Protein is a lean cut of meat. Fat is the gravy you should not pour over it.

Moreover, health experts say that dietary fat promotes weight gain because it is a very dense source of calories. Also, when you consume excess calories from dietary fat, you store those calories as body fat more efficiently than excess calories from other sources.

On the other hand, it can also help you lose weight naturally if you will not fall into the so-called "fat-free" trap. Manufacturers keep coming out with low-fat or fat-free versions of their best-selling foods, but Americans keep getting fatter anyway.

One of the greatest delusions of the 1990s is that "no fat" means "non-fattening." The truth is, you are often getting just as many calories from the no-fat version, even if the calories are not coming from fat.

The term fat-free can be a trap if you start to believe that you can eat any amount of the foods that are advertised that way.

What's more, it is best to respond to hunger with healthful snacks. Health experts say it would be better to try eating every three to four hours, which may mean a nutritious low-fat snack between lunch and dinner.

When you feel the urge for food coming on, snacking on something healthy such as a slice of whole-grain toasted bread is a better alternative. Never skip a meal and eat snacks instead because that is the

worst thing you can do if you are trying to control your eating habits and weight.

Remember, if you want to lose weight naturally, you have to keep track of every food you eat and of every activity that you do. When you say natural weight loss means that you do not have to use some accessories or helpful aids just to lose weight.

Losing weight naturally is a process and not a fad. Hence, it would take a lot of dogged determination, self-control, and discipline just to achieve your ideal weight.

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